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# Riders happy with transit

PUBLIC TRANSPORTATION

## Survey: Users are satisfied with agency's service

Helen Pike
Metro | Calgary

Calgary Transit has a balancing act to perform in 2017 as low ridership puts a strain on their customer commitment goals.

Last year, Calgarians surveyed on transit's safety, security and cleanliness were largely happy with the system's performance. Safety, a top priority for transit, remains at a plateau, with customers rating it a 7.8 out of 10 for the second year in a row, which is down from 7.9 from 2014.

But riders are finding Calgary Transit easier to use (65 per cent), employees more informative (62 per cent) and helpful (76 per cent) in 2016 over 2015 figures.

"We're happy with the results, of course there's always more to do," said transit director Doug Morgan. "We want to make sure Calgary Transit is the preferred choice, not the last choice so to speak."

He said on most of the survey's results transit is seeing their numbers either hold steady or increase, and for him the most important thing is transit users' perception with their service going forward.

"With the decrease in ridership we're seeing less crowding, which is improving the customer's journey and their experience," Morgan said.

Two weeks ago, Morgan told Metro Calgary Transit's revenues were down $17 million and ridership was a driving factor.

A lot of their improvements are directly related to investments the system has made. They brought four-car trains on in 2016, they retired some of their less reliable CTrain cars to bring on newer ones and over the past few years they hired more peace officers.

"There needs to be a tempered expectation of what, with our limited financial capacity, we can provide for them in 2017," said Morgan.

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EU court says workplace headscarf ban isn't discriminatory. **World**

# Safety on the line

Despite record low crime rates on CTrains and buses, Calgary Transit is tackling public fears about security risks. The extent of those fears is revealed in a new survey. **HELEN PIKE**/METRO

Doug Morgan said Calgary Transit will have to redeploy their peace officers and remind customers about safety measures on CTrains and buses to help increase the sense of security — despite record low crime rates on the system.

Calgary Transit's customer safety, security and cleanliness survey showed a stagnant safety rating for the system, while perceived safety after 6 p.m. dropped for CTrain riders over last year's results.

When asked about why customers can't rate safety a 10 out of 10 possible points, 22 per cent of those who gave it a 1 to 6 rating said it was because peace officers, police or security aren't visible and transit should have more officers.

Although the perception of peace officer visibility is down, Morgan said transit has reached 100 peace officers and strive to cover each line for every hour CTrains are operating.

What's more is transit is currently experiencing some of the lowest crime rates since the service started in 1980 according to the director.

"We haven't changed our resourcing, they probably don't see them as much," said Morgan. "Maybe we need to increase their presence in the peak hours when we have more customers and then they'll be able to see them more … we can change our deployment model."

Currently, Morgan said Transit has a risk-based deployment model. They deploy officers where crime strikes the most.

Most who reported feeling unsafe said it was because of general "unruly behaviour" or drunks on the system.

Willem Klumpenhouwer, a PhD candidate in transportation engineering at the University of Calagry's Schulich School of Engineering, found that response interesting. He argues some of those customers are the populations Calgary Transit should strive to serve.

"To me … there's is an expectation of responsibility on Calgary Transit's part to deal with — or in extreme cases remove from sight — the people that transit is often considered to help most," he said.

A higher number of people's perception safety drops off after 6 p.m., especially on CTrains.

According to the survey, while 96 per cent of riders in 2016 felt safe riding a CTrain during the day, that number dropped to 76 per cent who would say they feel safe riding at night; down from 78 per cent who felt safe doing so in 2015.

"I don't know if I have personally, depending on where I'm going, really that much of a perception of the safety aspect," said Shara Rashka, an avid transit user who has used the system for more than seven years. "I sometimes will choose to take a Car2Go in the evening just because I can get closer to where I need to go … generally people are more rowdy in the evening."

She noted lighting has improved over the years, but she sometimes wonders if it makes her more approachable at night.

The survey looked at 500 randomly selected Calgary residents via telephone. Results have been weighted to the 2016 civic census for age and gender and the margin of error is plus or minus 4.4 per cent at the 95 per cent level of confidence — as consensus on the question increases the margin of error decreases.

Calgary Transit Peace officers watch out for safety at train stations and on buses.
METRO FILE

**39**

**Per cent of respondents who avoid travelling transit at night due to safety concerns or security reasons.**

**94**

**Per cent of respondents who believe CTrain stations, maintenance and the interior of cars have good or very good cleanliness levels.**

**7.8**

**The safety rating Calgarians would give Calgary Transit. The figure is from lowest to highest, out of a possible score of 10.**

# PCs plan sees Alberta in the green by 2020

ECONOMY

## But Ceci says Albertans need help and deficit is inevitable

Lucie Edwardson
Metro | Calgary

With less than two days before the provincial government releases their annual budget, Alberta's Progressive Conservatives have released their own "fiscal plan to get Alberta back on track."

According to the PC party, they're introducing their plan as a "thoughtful and pragmatic approach" that differs from what they call and NDP budget containing "record deficits, skyrocketing interest payments and unbridled spending."

Interim party leader and finance critic, Ric McIver said his party is proud to launch their budget plan that would see Alberta return to surplus by 2019-20.

"Under our plan, we can achieve this without any cuts to the front line services that Albertans depend on. In fact, we believe it can be done without any front line wage rollbacks or layoffs," he said, adding the decision to freeze public sector wages for two years wouldn't be done lightly.

The PCs said their budget would limit spending increases to annual population growth and implement a two-year public sector wage freeze—something also suggested last April by the Alberta Party in their "shadow budget."

On Tuesday, Alberta's finance minister Joe Ceci said Thursday's budget will continue to focus on spending for front-line services, but will also show how Alberta is working to reduce costs and lower the deficit.

Ceci made the comments at a traditional pre-budget photo-op where the finance minister presents new shoes to wear on budget day.

This year, Ceci instead presented a new pair of soccer cleats to a youngster to symbolize Alberta's commitment to families.

According to the PCs, limiting spending increases and implementing the public sector wage freeze would "tackle the massive NDP deficit and return surplus position for the first time since the NDP took office in 2015, all while adding to current capital investment levels."

"This simply cannot be done unless we tackle the fiscal mess that the NDP has made in just two years in office."

In their budget document, the PCs said that when the NDP took office they inherited $1.1 billion in surplus, a AAA credit rating, a contingency account worth $6.5 billion and a 3.2 per cent debt-to-GDP ratio.

"Less than two years later, we have a $10 billion deficit, multiple credit downgrades, an empty contingency account and 10 per cent debt-to-GDP ratio," reads the document.

Ceci said while the economy shows signs of rebounding, Albertans still need help, and he says that makes a deficit budget inevitable.

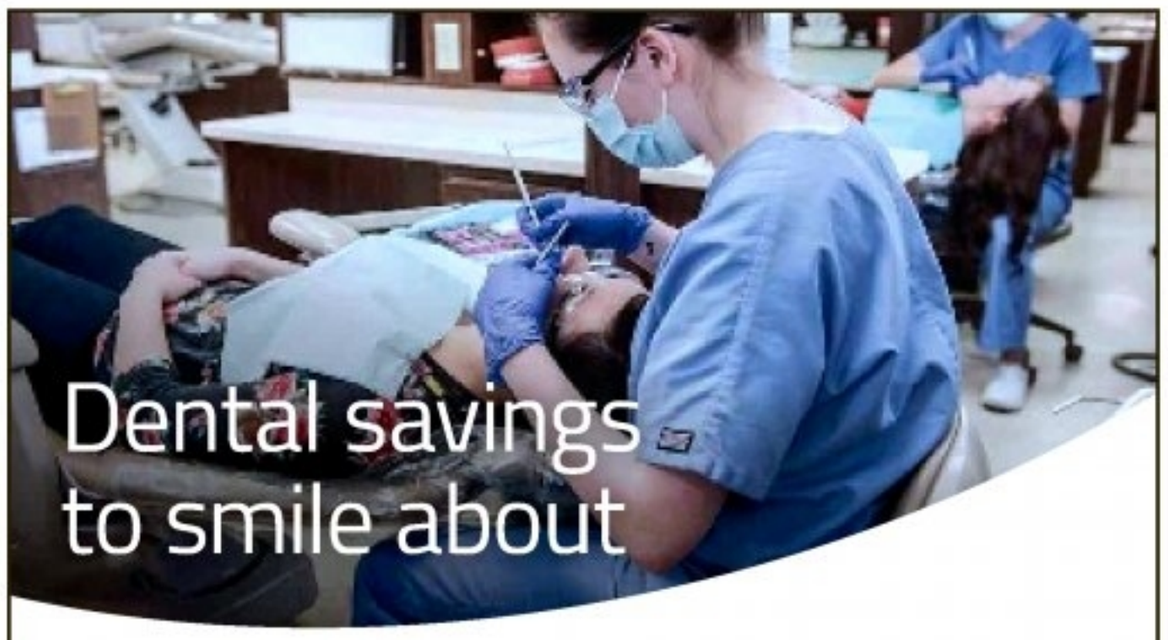
WITH FILES FROM THE CANADIAN PRESS

**BUDGET**

**Finance minister Joe Ceci will announce Alberta's 2017 budget March 16**

- Both the PCs and Alberta Party have suggested a wage freeze for public sector workers
- The independent Working Group For The Alternative Alberta Budget said now is perfect time for Alberta to take on debt, stimulate economy and diversification

**Finance Minister Joe Ceci** presents a new pair of soccer shoes to 11-year-old Yusef Moalim on Tuesday. The new soccer shoes represent a more affordable lifestyle for families with the upcoming budget. THE CANADIAN PRESS

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POLITICS

# Deputy premier in hot water over 'sewer rats' comment

Elizabeth Cameron
For Metro | Calgary

Health Minister Sarah Hoffman apologized for a controversial comment she made at the provincial legislature Monday, and in the same breath challenged others who cause offence to do the same.

On Tuesday, Hoffman said there is "no excuse" for the comment, which seemed to imply the opposition had been spending time with "sewer rats."

"Anytime we start trying to justify using words that are hurtful and full of vitriol, it only perpetuates the issue further, and I have certainly been on the receiving end of many of those. I wish I had gotten a clean apology and I'm doing that," the deputy premier said.

"I challenge others who are offensive and choose their words inappropriately to do so as well."

During Monday's question period, Wildrose MLA Jason Nixon had asked Hoffman when the premier would make "better choices" about her policies related to the carbon tax and employment.

**Alberta Health Minister Sarah Hoffman** faced swift backlash on social media for a comment she made during question period on Monday. THE CANADIAN PRESS

"It's so important to ensure that our government continues to have the back of ordinary families. They're working to make their life better, they are creating jobs, they're cutting school fees, they're freezing tuition — the members opposite just want to keep jacking those things up," Hoffman replied.

"We're focused on hard hats. They're spending a lot of time with sewer rats, Mr. Speaker."

Outrage on social media was swift, after Nixon posted a video of the exchange on Facebook.

"That's right, not just embarrassing cousins but now you can add sewer rats to the list of things that this government has called hard working Albertans," he wrote.

In her apology, Hoffman apologized to anyone who was offended by the remark.

"There's certainly people drawing their own interpretations, I just want to say that I apologize," Hoffman said. "I wish I had chosen my words more wisely."

# Friends recovering well from surgery

GENEROSITY

## Reunited after 20 years when one donated his kidney to pal

Elizabeth Cameron
For Metro | Calgary

Two friends reunited by a kidney 20 years after playing high school football together are recovering after a successful transplant.

Metro spoke with Shamus Neeson and Nelson Nobrega before the operation in January.

In 2015, Neeson decided in 2015 to become a living organ donor, but couldn't find a recipient for his kidney. Nobrega had lived with kidney disease for eight years and needed a transplant to get his life back.

In a serendipitous series of coincidences, the pair reconnected after going to high school together two decades prior and happened to be a perfect match for a transplant.

As soon as he woke up in his hospital bed, Nobrega said he could tell something was different.

"I could feel my body just … working like it was supposed to," he said.

The friends went for daily walks around their hospital floor as they recovered.

"To have someone going through it with you really helps," Nobrega said. "I just feel so lucky."

They were friends before the transplant, but Neeson said it's more like becoming family.

A friend made these mugs for Shamus Neeson, left, who gave one to Nelson Nobrega when they met up for the first time since being discharged from hospital. The image on it was taken pre-op, when Metro first wrote about their story. CONTRIBUTED

> **It's a scar I'll wear for the rest of my life with honour.**
> Shamus Neeson

"Nelson's brothers actually said, 'I guess we have another brother now,'" Neeson said.

"I'm getting emotional just thinking about everything."

Seeing Nobrega's daughter bouncing around the hospital room was another highlight. Neeson said the girl was beyond excited to have more time to spend with her dad, now that he doesn't have to go for dialysis three times a week.

Despite lower-than-normal energy levels, Neeson said he's feeling good and is OK to drive. He experienced the same discomfort anyone would feel after surgery, but said it was more than worth it.

"It was worth it when (Nelson's) mother came in and couldn't say a single word without crying," Neeson said.

The permanent mark left on his body from surgery is a constant reminder of why he became a living donor.

He hopes others are inspired to do the same.

"It's a scar I'll wear for the rest of my life with honour," Neeson said.

POLITICS

## Grow Calgary founder runs for mayor

Brodie Thomas
Metro | Calgary

Paul Hughes, founder of Grow Calgary, has officially entered the 2017 mayoral race.

Hughes previously ran for mayor in 2010, and said he's remained involved with all three levels of government ever since, through his work with Grow Calgary.

"I continue to try and be a voice for folks who feel marginalized," he said.

Hughes said he has a million ideas for how to do things more efficiently in government, but he is also interested in hearing ideas from average citizens, and being a voice for those who wouldn't normally take any interest in government.

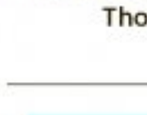
**Paul Hughes** has thrown his hat into the race. CONTRIBUTED

"The city needs to stop this clique, to stop this herd mentality, and to stop this idea that there's a monopoly on good ideas," said Hughes.

# Bill looks to end Daylight Saving Time in province

LEGISLATURE

## Alberta Standard Time introduced if bill passes



Brodie Thomas
Metro | Calgary

So long Daylight Saving Time — hello Alberta Standard Time.

Edmonton-South West MLA Thomas Dang introduced his Private Member's Bill in the legislature Tuesday, to amend the Daylight Savings Time Act, and move the province to one time all year round.

Bill 203, the Alberta Standard Time Act, would create a single time zone within Alberta that would be the same as Saskatchewan's non-changing time zone.

"I've talked to a lot of my colleagues and they're generally supportive of this," said Dang, who added there's always a chance the bill could die on the floor.

A recent provincial government survey showed 80 per cent of Albertans do not want clocks to spring ahead and fall back each year. The survey also showed a preference for more light in the evenings.

> **I've talked to a lot of my colleagues and they're generally supportive of this**
> Thomas Dang

Edmonton-Southwest MLA Thomas Dang hopes to kill off Daylight Saving Time in Alberta. AMBER BRACKEN/THE CANADIAN PRESS

Although the process has been set in motion, Dang said he's still looking for input on the bill.

"There's still an opportunity for some amendments to go forward. Now that it's been tabled, Albertans might have more feedback," he said.

Feedback can be sent through albertandpcaucus.ca/dst

The change could present some logistical issues for the handful of BC communities that were also on Mountain Standard Time.

Clara Reinhardt, mayor of Radium Hot Springs, said the changes that happen in Alberta can have a impact on the whole Columbia Valley.

"A large number of our visitors and part-time residents are from Alberta," she said. "With most of East Kootenay being on Mountain Time, it has been easy to come back and forth on weekends, and manage appointments and tee times."

She said although it's not serious yet, there is a movement in BC to stay on standard time year-round.

"I believe that time zones need to be managed collectively between provinces and not in isolation," she said.

The state of Montana is also considering a move away from Daylight Saving Time. A bill in that state's senate would have Montana on Mountain Standard Time year round.

If Montana and Alberta both make the planned changes, it would mean a one-hour time change when crossing the national border.

HEALTH

## Youth need help now

Alberta's child and youth advocate says the death of an aboriginal teen shows the province must do a better job of preparing young people in government care for life as adults.

The recommendation is contained in Del Graff's report on an indigenous man who was the victim of a homicide only months after he turned 18.

Graff said the man, known as Peter, had a horrific life growing up and did not get the counselling he needed before he started living on his own.

"We are just seeing too many circumstances where that transition planning is just not in place at a sufficient level," Graff said in an interview Tuesday.

"In Peter's circumstances the outcome for him is tragic. We would have liked to see planning take place sooner."

Graff's report shows Peter grew up surrounded by substance abuse and violence and had a hard time dealing with the deaths of his parents and other family members. He eventually became an addict and violent when he couldn't cope.

When he was offered help at 18, he turned it down.

Graff said the government needs to ensure that young people in care have a transition plan, including where they intend to live, how they intend to support themselves, and what they intend to do after school.

"The conversations should start happening when a young person is well before their 18th birthday," he said.

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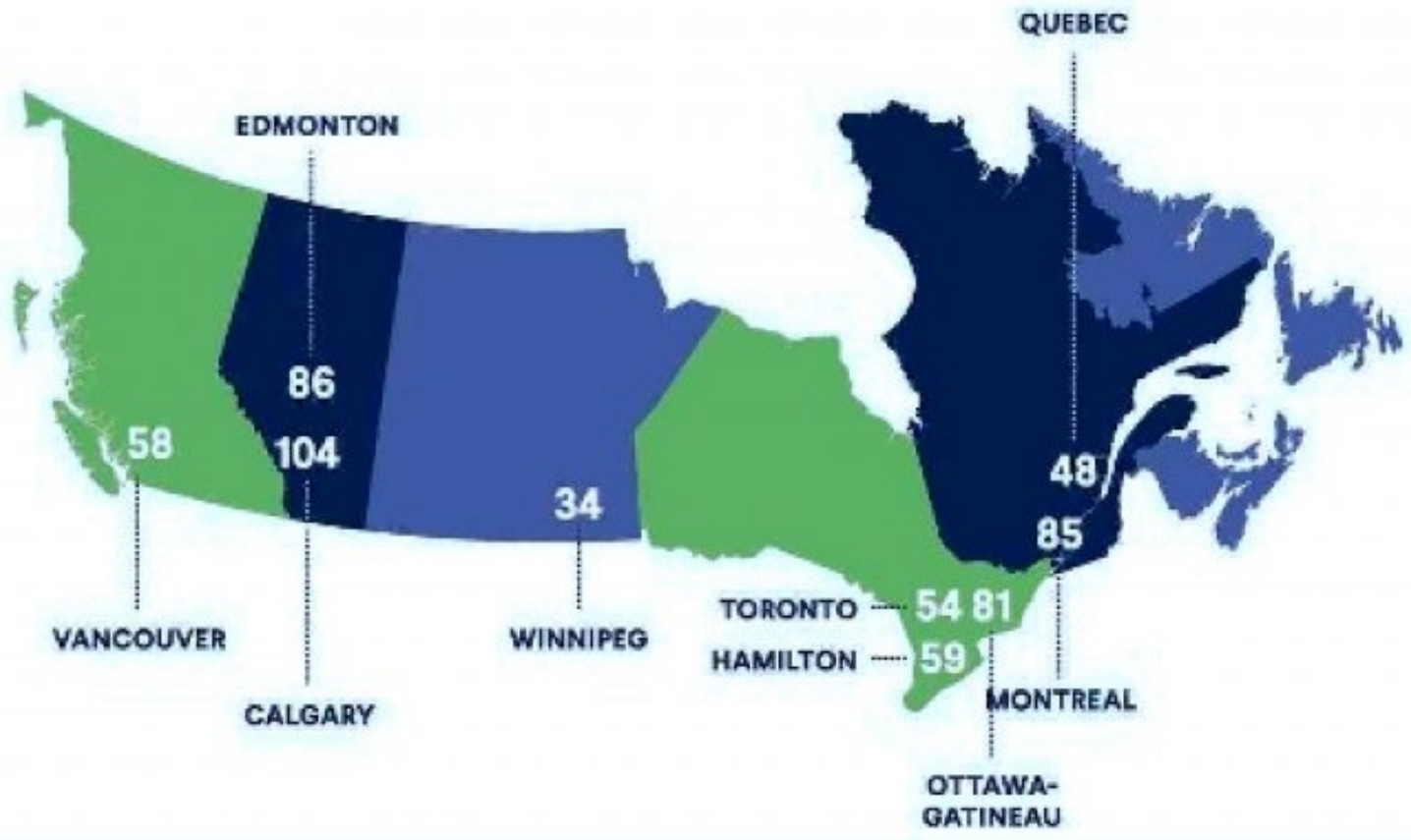


The average Calgarian gave second life to 104 items last year, the highest instance in all of Canada. COURTESY KIJIJI

# First-place spot in second-hand stuff

ECONOMY

## Buy, sell or give away — Calgary sees the value in used items

Helen Pike
Metro | Calgary

Calgarians sure love a deal, and second-hand buying and selling is such a hot commodity that Kijiji is taking notice.

In 2016, Calgarians earned the top ranking Canada-wide for how much we buy and sell or donate. The city's intensity index came in at 104, topping the Alberta index of 91.

The index is just a calculation of how many items, on average, a citizen will give away, sell or buy — hand-me-downs included.

Marie Connolly, professor of economics from the Université du Québec à Montréal who helped Kijiji on its third annual Second-Hand Economy Index, said there's some statistical stories behind why Alberta is Canada's largest participant when it comes to everything second hand.

But to pinpoint why Calgary outswaps Edmonton — that's a little unclear.

"Calgary, Edmonton and Alberta in general are the places where consistently we've seen the highest rates of use for the second-hand economy," Connolly said. "It's also across channels; it's not like they're super big on selling through Kijiji but don't give anything to their friends and families."

Connolly said it's hard to pinpoint a cause but the data does tell some stories about why the prairie province is tops.

"We looked at the relationship between the level of wages and unemployment rates and the index and we find that areas where the wages are higher and where unemployment is lower tend to do better," Connolly said. "That's part of the reason why Alberta is more involved in the second-hand economy."

She said although in recent years the province has been hit with a downturn, it's still holding its own.

If you look at Facebook, Calgary has countless sale groups — and they can get really specific. Some are for moms and parents, while others only post things that are free. There are even communities dedicated to specific neighbourhoods.

Erin Joslin created the Ramsay, Inglewood Swap and Sell page years ago, and it became bigger than she ever expected.

"Every time I wanted something on Kijiji it was always way out in the deep south or north," she said. "I also knew I had items to give away and I wanted to feel better about getting rid of things. I figured giving it to my neighbour who could use it was a great way to do it."

The second-hand economy in that case helped create a 1,400-strong group of people who post about free items, selling furniture and more.

> **Areas where the wages are higher and where unemployment is lower tend to do better.**
> Marie Connolly

### SWAPPING STORIES

**The online antique hunter**

Shyra DeSouza said she enjoys Kijiji sales because of the characters she comes across. Being an artist, she collects a lot of items, including antiques or "vintage" finds. And when she doesn't need them anymore, she'll either donate or sell them.

She told Metro that one buyer, who insisted she come show him her vintage serving items, told her they were too old when she got there.

"He just thought the design was too outdated," DeSouza said. "Which was funny because the pics were pretty clear in the ad, so I'm not sure what changed. He did seem to feel bad, so I wasn't wanting to rub it in."

**The sneaky wife**

Another avid Kijiji user, Suzi Awada, told Metro one of her favourite memories — a secret purge. There was a desk in her basement she wanted out of the house. As she didn't want her husband to know about it, she posted it for free on the popular website. Soon enough she found a couple who was game to take it.

"They were on their way just as my husband came home early," she said. "He went upstairs, and I let the couple in and told them my hubby doesn't know I'm letting it go, so if they can be quiet, I would appreciate it."

Six months later, her husband asked where the desk in the basement had gone.

"A woman's gotta do what a woman's gotta do," she said.

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Alberta is already becoming a leader in green technologies, like this wind farm near Pincher Creek, and a number of green policies in the province, including Calgary. THE CANADIAN PRESS

# Calgary seen as a green hub

ENVIRONMENT

## More than 15,000 work in clean-energy sector: Study

Aaron Chatha
Metro | Calgary

Calgary could become a premiere green energy hub in North America, according to a new study by environmental strategy group Delphi.

According to the study, in 2015, Calgary's green energy economy generated $3.63 billion in gross output, employing about 15,470 people.

Paul Shorthouse, regional director with Delphi Group, said a convergence number of big opportunity areas are responsible for the positive future prospects.

From federal, provincial and municipal levels, there has been a large amount of support in terms of green policies and financing. This includes the NDP's Climate Leadership Plan to phase out 6,300 megawatts of coal-fired electricity generation by 2030, replacing two-thirds of it with renewable energy, and the City of Calgary's policies to reduce greenhouse gas emissions by 20 per cent by 2020.

According to the study, Alberta also has an abundance of renewable resources, more than 350 active companies in the green energy economy and access to highly skilled energy sector workers with transferable skills to green initiatives.

"We're seeing a lot of focus in Alberta right now for this as the next big investment area," explained Shorthouse. "We've seen a global shift towards lower carbon investments, in general, in market demand and policy internationally."

He expects to see good growth in niche manufacturing — that's startup businesses that will be applying technologies domestically, and exporting them internationally.

The study was commission by Calgary Economic Development (CED), who initially wanted to get a better understand of Calgary's assets and opportunities in the green economy.

Court Ellingson, VP of research and strategy with CED, said the research has made the organization very positive for the future. With the policies and assets in place, now is a great time to head down this path.

Megan Zimmerman, CED manager of renewable technology, said the next steps are to support niche manufacturing, and understanding the manufacturing chain in this sector.

"When it boils down to impact for our organization, it's really job creation," she said. "We want all these people and talent, and our 10 per cent unemployment, to be absorbed into industries and sectors forming the new economy."

CALGARY POLICE COMMISSION

## Pootmans to fill vacant seat

Brodie Thomas
Metro | Calgary

Coun. Richard Pootmans has been appointed to take the place of Diane Colley-Urquhart as one of two city councillors on the Calgary Police Commission

Colley-Urquhart resigned from her spot on the commission in February after nearly 10 years. She had received a written reprimand from the commission for speaking publicly about harassment and bullying in the workplace.

The commission requires two councillors sit on the board, and after some in-camera discussion, Pootmans was announced as the new commissioner Tuesday afternoon.

"I just felt it was my time to show my support for the chief of the Calgary Police Service and the work that the police commission is doing," said Pootmans.

"I have full confidence in the seven-point plan to make it a more fair workplace, for women in particular. This is the sort of thing I wanted to stand behind and support the police commission's work."

He said he was impressed with Chief Roger Chaffin's candour and his ability to listen to carefully questions from council and give thoughtful answers.

Pootmans will only fill out the position until the fall municipal election.

# Dance centre unveils new public art piece

Aaron Chatha
Metro | Calgary

Decidedly Jazz Danceworks is giving Calgarians a reason to look up on 12th Ave downtown: a new art installation is illuminating the top of their building.

The City of Calgary gave DJD $5.4 million to construct a new location, which opened last year. Part of their requirement for the funding was that one per cent is spent on a public art component — about $54,000 in this case.

So what does $54,000 buy for public art? In this case, it's a lightbox installation called Take the Cake, made by the international artist team Hadley and Maxwell.

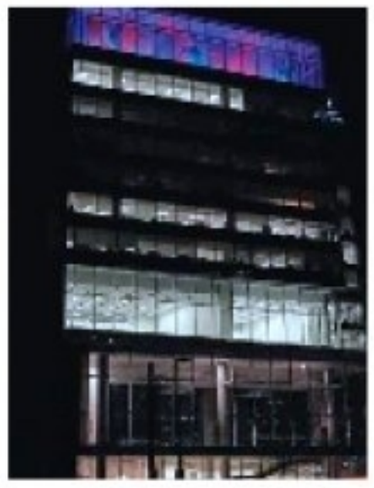
It glows in an array of colours, projecting shadows like moving images.

"They made it by using images of the actual DJD dancers, and the shapes are relevant to the work we do on stage," explained DJD executive director Kathi Sundstrom.

The installation uses a sophisticated lighting technique, involving 13 1.5 metre-long light fixtures, which are fully controllable in 300-millimetre segments.

Basically, it allows the shadows to look like they're moving.

"We're all visual people, and the architecture and the arts are such a visual form," said Sundstrom. "The building is beautiful, and there's so much glass and you can see outside what's happening inside, so there's a dialogue between the street and the building. It's icing on the cake to have this dynamic piece of art on the top."



Members of the Gro2 team, from left: Minyi Wang (Grade 11), Bailey Wagner (Grade 10), Jennifer Szutzu (Grade 11), Davis Carlson (Grade 11), Aiden Wytnick (Grade 11) and Arnav Jain (Grade 10). CONTRIBUTED

# Company program helps youth

YOUTH

## Junior Achievement prepares kids for 'real life'

Lucie Edwardson
Metro | Calgary

Grade 10 student Arnav Jain said his passion for business is what led him to join Junior Achievement 's (JA) company program—and learn how to run his own business.

Hanna Watson, manager for JA high school programs, said their worldwide program has been running for more than 100 years and in Calgary for 55 years.

Watson said the JA focuses on business, financial literacy and "preparing youth for real life after school."

In the company program, high school students in teams of around 25 are matched with volunteers from the business community and spend six months creating and running their own company.

"They meet once a week after school and they learn how to write a business plan, how to budget, how to choose a product, how to produce it and how to market it—basically, they follow the full cycle of a business," Watson explained.

Jain, who attends William Aberhart School, and his team, made up of students from high schools across the city, started their company Gro2 back in October.

So far, they have grossed nearly $4K in profits.

With the help of volunteers from Ernst and Young, Gro2 created their product: a herb garden.

The herb garden kit consists of a mason jar filled with seeds, a mason jar, soil and rocks and aims to "help you get more life into your life."

Now, at the end of the six-month experience, Jain—president of Gro2— said he's learned a lot from participating, including being a risk taker and being flexible in decision-making.

"As the president of the company I was in many tight positions at many points," he said.

"I learned to be a problem solver, think on my toes and be a source of motivation for my peers."

As mandated by the JA program—to teach them that businesses don't get to keep all their profits—participants must donate 25 per cent of their profits to a charity of their choice and return a percentage to JA in taxes.

Gro2 will be donating $735 dollars to the Calgary Drop-In and Rehab Center.

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# Concrete, fish food from captured carbon coming

ENVIRONMENT

## Companies looking at other uses for emissions

**Quest carbon capture and storage facility in Fort Saskatchewan. Companies are looking at turning captured CO2 into a variety of consumer products.** THE CANADIAN PRESS

It has been derided as an expensive excuse to burn coal. But now, carbon capture technology may be leading to new commercial uses that could end up in your mouth.

While business case questions have swirled over carbon capture and storage, companies are increasingly looking to turn emissions that would otherwise be buried in the ground into toothpaste, fish food and a range of industrial products like concrete and biofuel.

"Rather than say we're capturing it just to store it, we're actually going to turn it into valuable products," said Steve MacDonald, CEO of Emissions Reduction Alberta.

"That's where a bit of a renaissance is happening."

To help push the trend forward, the Alberta agency has put forward $35 million to find the best new uses for captured carbon.

A similar effort is underway by Canada's Oilsands Innovation Alliance (COSIA), which has paired up with the XPrize Foundation to dangle $20 million in cash awards for teams trying to create commercial uses for carbon.

"It's such a complex problem that no single sector, or it's unlikely that one single technology, will solve that," said MacDonald. "The challenge has always been that CO2's a very stable molecule, so the thermodynamics of converting it are challenging."

> **Rather than say we're capturing it just to store it, we're actually going to turn it into valuable products.**
> Steve MacDonald

The potential may be big. A McKinsey & Company report last year done on behalf of the Global CO2 Initiative said that carbon products - especially in concrete, plastics, fuel, and carbon fibre — could be a market worth between $800 billion US and $1.1 trillion by 2030.

The COSIA carbon challenge attracted close to 2,000 submissions from around the world, said Paul Bunje, who leads energy and environmental competitions at the XPrize Foundation.

"This has struck a nerve," Bunje said.

To provide a real-world testing ground, a lab will be bolted onto an Enmax natural gas plant outside of Calgary. The Alberta Carbon Conversion Technology Centre will later be available for other groups, but it will first test out products like CarbonCure's enhanced concrete.

The Halifax-based company injects captured carbon into the concrete.

The process reduces the need for the composite material when making concrete and makes it stronger.

CarbonCure CEO Robert Niven said the technology has been put into use at about 50 concrete plants over the past couple of years, but with 100,000 such facilities globally, there's room to grow.

"This is the largest industrial GHG-emitting industry," said Niven. "It's not oil and gas. It's cement."

He said he's learned that for green technology to be successful, it has to be commercially viable, just like any other product.

"It has to be profitable, it has to be easy, it has to fit within the supply chain."

THE CANADIAN PRESS

CONFERENCE BOARD

## Oil sector will lose money this year

The Conference Board of Canada says the oil industry will continue to lose money for much of this year despite stronger financial conditions and the promise of new pipeline capacity.

Economist Carlos Murillo says the sector has narrowed losses since hitting rock bottom with an $11-billion overall loss in the first quarter of 2016, but it won't post positive numbers until the fourth quarter of this year.

He says he expects the industry to recover to match its 2010 profit of around $13 billion by 2021.

The board says in a report released Monday that capital investment this year is expected to fall to $22 billion from $27 billion last year as big construction projects in the Alberta oilsands and offshore Newfoundland are completed.

The peak investment level was $62 billion in 2014.

The board says benchmark light crude will average $55 US per barrel this year and rise to $71 US by 2021.

Murillo predicts Canadian industry costs will jump by an average of 13 per cent per year between 2017 and 2021, in part because of pipeline transportation constraints that could force more producers to switch to crude-by-rail options.

"The way we kind of look at it is, because the losses have been so large over the last couple of years, it takes a bit of time to get up there to the point that you actually are starting to make money again," said Murillo.

"Of course, improving revenues will help, but there are already cost pressures."

THE CANADIAN PRESS

**Reimagine:** Report to the Community
FRIDAY, MAY 5, 2017

Global change brings new ideas, innovations and disruptive technologies. While Calgary has long been a place of forward thinkers and change-makers, we sit on the cusp of new opportunities and are perfectly positioned to thrive. How do we as a community combine our entrepreneurial spirit to grab hold of these opportunities, harness our collective energy and re-imagine our future?

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# Small comforts of home

EMERSON

## Somali men share their journey amid game of Ladu

Jessica Botelho-Urbanski
For Metro | Winnipeg

Elmi and Sharmarke met while walking to Emerson, Man. and are now staying at the Winnipeg Salvation Army as they await their refugee board hearings. JESSICA BOTELHO-URBANSKI/FOR METRO

For refugee claimants arriving in Winnipeg, a board game made out of a bedsheet is providing a little bit of comfort while they stay at a homeless shelter.

Elmi, 35, and Sharmarke, 29, fled Somalia separately and met while on route to Emerson, Man. on March 1.

The Manitoba border town has seen more than 200 asylum seekers arrive since Jan. 1, according to data provided by the RCMP last week.

Elmi and Sharmarke are now staying temporarily at the Salvation Army Booth Centre, where as many as 90 refugee claimants have stayed per night since mid-February. That's the maximum number the Salvation Army can handle space-wise, said spokesman Sgt. Rob Kerr.

Those staying at the homeless shelter have sketched a game called Ladu onto a bedsheet in pen.

The sheet is strewn across the dining room table in the second-floor common area. They've scrounged up men from a left-over chess set and some spare change to use as game tokens.

The object of the game, they explain, is to move all your tokens around the board and find safety at the centre. You roll the dice (in this case, inside a plastic water bottle lid à la Yahtzee) and then move the allotted number of spaces while trying to evade your opponents.

"If we stayed in the United States, we don't have visas for the United States because of the new President Trump. That is why I run — because Donald Trump will do deportation," said Sharmarke during a Ladu game Friday.

Elmi said leaving Somalia was necessary for both men because "we've got troubles. Civil war."

Asked if they spent much time in the United States before heading north, Elmi said he spent a "long time" in a detention centre in Nebraska. "Five hundred days," he repeated thrice for emphasis.

Not wanting to get detained, Sharmarke said he fled Minneapolis, Minn. after four months.

Now the former tomato and corn farmers want to move to Toronto, where Canada's Somali population is most concentrated.

Still, they have many questions about their new homeland: What's the name of the river? How long is it? Where's the hottest place in Canada? As for this latter question, they would like to move there because they hate Winnipeg's snow.

But first things first, they await confirmation of their refugee board hearing dates.

Elmi moves his pawn around a Ladu board game set up at the shelter. JESSICA BOTELHO-URBANSKI/METRO

Elmi ultimately wins the 40-minute round of Ladu, while a half-dozen refugee claimants sit in the adjoining living room. They're watching Public Safety Minister Ralph Goodale talk about their border crossings on TV.

IMMIGRATION

## Feds must respond, IRB chief says

The Immigration and Refugee Board is doing its best to cope with a growing number of asylum claims in Canada, but the federal Liberals must take action as well before an unmanageable backlog gets created, the head of the IRB says.

The rapid pace of the increase in new claims sees the board - an independent tribunal that decides on immigration and refugee cases in Canada — potentially on track to receive 30,000 claims this year — triple the number lodged before it just four years ago.

"There is a limit to what you can do…" said IRB chairman Mario Dion of his agency's efforts in an interview with The Canadian Press.

"Efficiency has increased significantly, but there is no way we can deal with 30,000 cases when we're funded for about 17,000."

While the public eye is on the pressures being created by people crossing illegally into Canada in the last two months to seek asylum, claims before the IRB began rising in earnest in the last six months.

The board now anticipates their backlog could hit 30,000 cases this year and average wait times will increase by four to eight months, the board said in a report published late last week.

They are working to manage it. The board was given about $4 million to handle an expected increase in claims from Mexicans after the government lifted visa restrictions on that country in December. THE CANADIAN PRESS

# 20

The National Council of Canadian Muslims has received 20 reports of Islamophobic incidents so far in 2017. Over the same period last year, the number was 10.

# 'Muslim hate' on the rise

## Higher numbers attributed partly to Trump's rhetoric

Ryan Tumilty
Metro | Ottawa

From a man shouting at Muslims on an OC Transpo bus, to a deliberate fire at a Toronto mosque, to the shooting death of six men at evening prayers in Quebec City, the National Council of Canadian Muslims is tracking a worrying upward trend in hate incidents.

The council, which has been tracking Islamophobic incidents across the country for five years, has recorded 20 incidents in 2017 so far, up considerably from the same time frame a year ago. "Last year around this time we had 10 incidents of Muslim hate," said Sehrish Amjad, a human rights officer with the NCCM.

In total, the NCCM recorded 65 incidents in 2016 up from 59 in 2015. In all of 2014, they recorded 23 incidents and in 2013 they recorded just 12.

Amjad said some of the rise could be due to more reporting, but they believe U.S. President Donald Trump's divisive rhetoric is also fuelling the increase.

"It's hard to say for sure, definitely it may be the case that people are reporting more, but we know hate crimes are still one of the most underreported types of crimes."

Amjad said six incidents were reported during the week of debate on M-103, a House of Commons motion looking to condemn Islamophobia.

> **Islamophobia is an issue in our society and it needs to be condemned and it needs to be studied.**
> Sehrish Amjad

"It has received a lot of opposition inside and outside of the House of Commons, so there are a lot of misconceptions associated with it," she said.

Amjad said the people who called the motion a step toward Sharia law were fuelling hate.

"They're creating fears in people and those fears are being translated into discrimination and hateful acts."

She said the incidents the NCCM tracks are reported to them, but are also confirmed with police or through media reports. "It shows that Islamophobia is an issue in our society and it needs to be condemned and it needs to be studied."

ENTREPRENEURSHIP

# Canada's cities among most start-up friendly

Wanyee Li
Metro | Vancouver

Vancouver and Toronto are among the most startup-friendly cities in the world and the best city for tech entrepreneurs in Canada, according to a new Genome Startup report.

Vancouver ranked 15th in the world with highest number of startups per capita according to the report, with Toronto coming in 16th.

Vancouver scored average on four out of five measures including talent and startup experience but came up big in the category 'global reach,' with 57 per cent of customers coming from out of the country.

It's a testament to the city's diverse population, said entrepreneur and immigrant Wyle Baoween.

Baoween's startup, HRx Technology Inc., helps companies create a more diverse workforce by taking unconscious bias out of the hiring process. He says Vancouver, where half of residents' first language is not English, is the perfect place to start his business.

"One of my favourite stats is we have more Americans in our city than any other place outside of the States in the planet," said James Raymond, manager of research and analysis at Vancouver's Economic Commission.

"We're the most American city outside of America. We are also the most Asian city outside of Asia."

In fact, 30 per cent of Vancouver's entrepreneurs are immigrants, compared to the global average of 19 per cent. One example is Vancouverite Shahrzad Rafati, an Iranian immigrant who founded Broadband.tv, the third largest video streaming site in the world after Facebook and Google.

Other notable local startups include Plenty of Fish, which sold for $557 million, and Bitstew, which sold for $157 million.

# Trump to change climate policy

ENVIRONMENT

## Advocates fear assault on green laws and regulations

Scott Pruitt is sworn in as the EPA Administrator in Washington on Feb. 17, 2017. THE ASSOCIATED PRESS

President Donald Trump is moving to roll back another one of his predecessor's strict environmental policies, setting up a possible dilemma for Prime Minister Justin Trudeau and again demonstrating his intention to free big companies from regulations on pollution and climate change.

The early words and deeds from Trump and his Environmental Protection Agency chief have provoked deep alarm among environmental advocates, who fear an unprecedented and world-damaging assault on green laws and rules. Tuesday validated their fears, and the week might get worse for them yet.

Trump's plan to abandon a Barack Obama commitment on car standards was announced by a White House official in the evening. Seven hours earlier, the Axios news website reported that the administration was discussing EPA cuts even deeper than the 25-per-cent cut it has already floated. In between, Bloomberg reported that Trump is planning to sign a "sweeping directive" that would not only begin the process of lifting Obama's restrictions on coal leasing and emissions from power plants but also "dramatically shrink the role climate change plays in decisions across the government."

"In terms of our overall environmental program, both domestically and globally, I don't think there is any threat that has occurred since the creation of the Environmental Protection Agency which is so severe. I think this is perhaps the singular most important crisis so far in the 50-year-or-so history," said Walter Rosenbaum, a Florida environmental scholar who served as a special assistant at the EPA in the early 1990s.

The White House official said Trump on Wednesday will announce in Detroit that he is abandoning a decision Obama's administration made in its waning days to require automakers to meet a stringent fuel-economy standard by 2025.

Automakers had lobbied Trump to take another look at the 54.5-miles-per-gallon standard, which was introduced in 2012 but not immediately finalized. Trump's EPA will now take a year to study whether the standard still makes sense, as the Obama administration originally said it would do.

The decision doesn't necessarily mean dirtier cars. The official said Trump has not yet decided to lower the standard. Even if he eventually does, automakers would "probably" still choose to make vehicles that met the stricter standard set by big-market California, said Rebecca Lindland, executive analyst for Kelley Blue Book.

Trump's EPA chief, Scott Pruitt, caused an uproar when he said he did not believe carbon emissions are the main driver of global warming, though they are. And a draft Trump budget would slash U.S. funding for Great Lakes restoration from $300 million to $10 million.

Trump has long rejected science on global warming. And he has made no secret of his disdain for the assertive Obama-era environmental policy many Republicans call improper overreach.

In one of his first moves in office, he issued an order to pave the way for the approval of the Keystone XL oil pipeline. In February, he ordered the replacement of an Obama clean-water rule opposed by farmers. He has not yet decided what to do on the global Paris climate agreement he promised to "cancel."

TORSTAR NEWS SERVICE

LEAK

## President's tax returns from 2005 released

The White House said Tuesday that President Donald Trump made more than $150 million in income in 2005 and paid $38 million in income taxes that year.

The acknowledgement came as MSNBC host Rachel Maddow said she has obtained part of Trump's 2005 tax forms, and prepared to discuss the document on her show.

The records have become highly sought-after because Trump refused to release his returns during the campaign. He claimed he was under audit and said his attorneys had advised against it.

The White House pushed back pre-emptively Tuesday night.

"You know you are desperate for ratings when you are willing to violate the law to push a story about two pages of tax returns from over a decade ago," the White House said.

The unauthorized release of federal tax returns is a criminal offence. But Maddow argued that MSNBC was exercising its First Amendment right to publish information in the public interest.

THE ASSOCIATED PRESS

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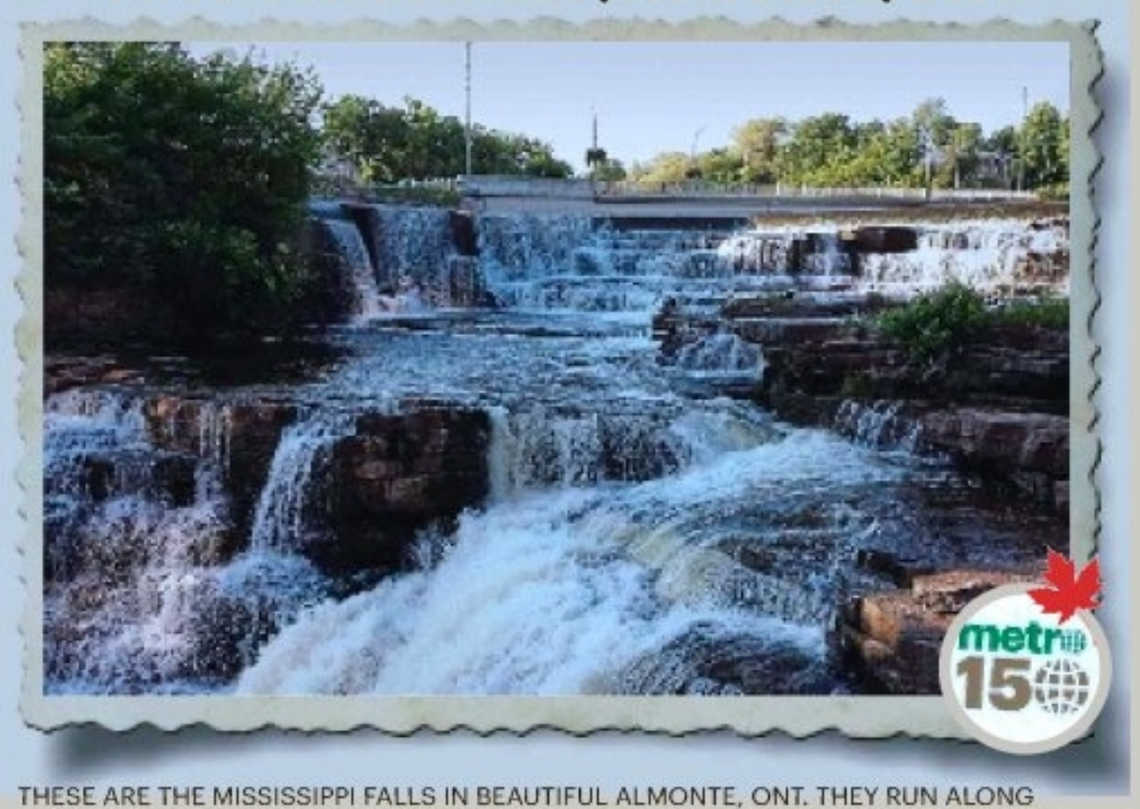

THESE ARE THE MISSISSIPPI FALLS IN BEAUTIFUL ALMONTE, ONT. THEY RUN ALONG MOST OF THE TOWN, GENERATE ENERGY AND THE BARLEY MOW HAS A GREAT PATIO OVERLOOKING THE FALLS. **JESSICA AMICO**

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards.**

A Syrian girl stands in front of her damaged school, in Idlib, north Syria. A UN commission said Tuesday it believes government forces deliberately bombed a school in the country's northern region in October, killing 21 children.
UNICEF VIA AP

# Idlib school bombing a war crime: Report

SYRIA

## Government's bombing was deliberate: UN

A UN investigative commission said Tuesday it believes government forces deliberately bombed a school complex in the country's northern countryside in October, killing 21 children, in a scathing report on crimes committed over the last seven months of the Syrian war.

The UN's Independent International Commission of Inquiry on Syria said government forces and their allies had shown a "complete disregard for civilian life and international law" through continued use of cluster munitions, incendiary weapons and chlorine gas as weapons of war.

It also fingered an al-Qaida-aligned insurgent group fighting on the side of Syria's rebels and a U.S.-backed Kurdish group for conscripting adolescents for combat.

The commission said the Oct. 26 attack on the Haas village school complex in the rebel-held province of Idlib constituted a war crime.

It said the Syrian air force is the only one known to operate the jets identified in the attack, which was widely reported at the time.

The findings came the same day that a Physicians for Human Rights report accused the Syrian government of wilfully denying international shipments of food and medicine to millions of Syrians in besieged areas. The Syrian government and its ally Russia maintain they are fighting terrorism. THE ASSOCIATED PRESS

**AID**

Trucks carrying food and other aid began entering four besieged areas in Syria on Tuesday for the first time in months, offering hope to tens of thousands of residents.

ELECTION

# Dutch head to the polls with much at stake

The Netherlands goes to the polls Wednesday in elections for the 150-seat lower house of parliament. A look at the key players and issues:

**WHAT'S AT STAKE?**

The election is seen as a test of far-right populism ahead of national elections in far bigger European nations, France and Germany, where populists also are polling strongly. In the Netherlands, it's about what kind of coalition will run the country for the next four years and whether anti-Islam lawmaker Geert Wilders can win enough seats to force his way into coalition talks.

**WHO'S IN THE RUNNING?**

Prime Minster Mark Rutte of the right-wing VVD party holds a narrow lead in polls over Wilders' Party for Freedom. But while Rutte is leading, his party is set to lose seats and Wilders looks likely to increase the size of his parliamentary bloc compared to five years ago. But other parties also are making gains - including the increasingly right-wing Christian Democrats, the pro-European Union liberal democrats D66, and the left-wing Green Left party led by 30-year-old Jesse Klaver. The voters are spoiled for choice in the country's splintered political landscape: A total of 28 parties are fielding candidates.

**WHAT ARE THE ISSUES?**

Wilders' anti-Islam, anti-European Union platform and the reaction of mainstream parties to his one-page manifesto have dominated campaigning. Wilders wants to close Dutch borders to immigrants from Muslim countries, shut mosques and ban the Qur'an, as well as take the Netherlands out of the EU.

**SO WHEN DO THE DUTCH GET A NEW GOVERNMENT?**

Don't hold your breath. This could take a while. Polls suggest no obvious left or right-leaning majority coalition will emerge, meaning lengthy negotiations between party leaders to hammer out a new constellation to lead the country is likely.
THE ASSOCIATED PRESS

## GLOBAL DIGEST

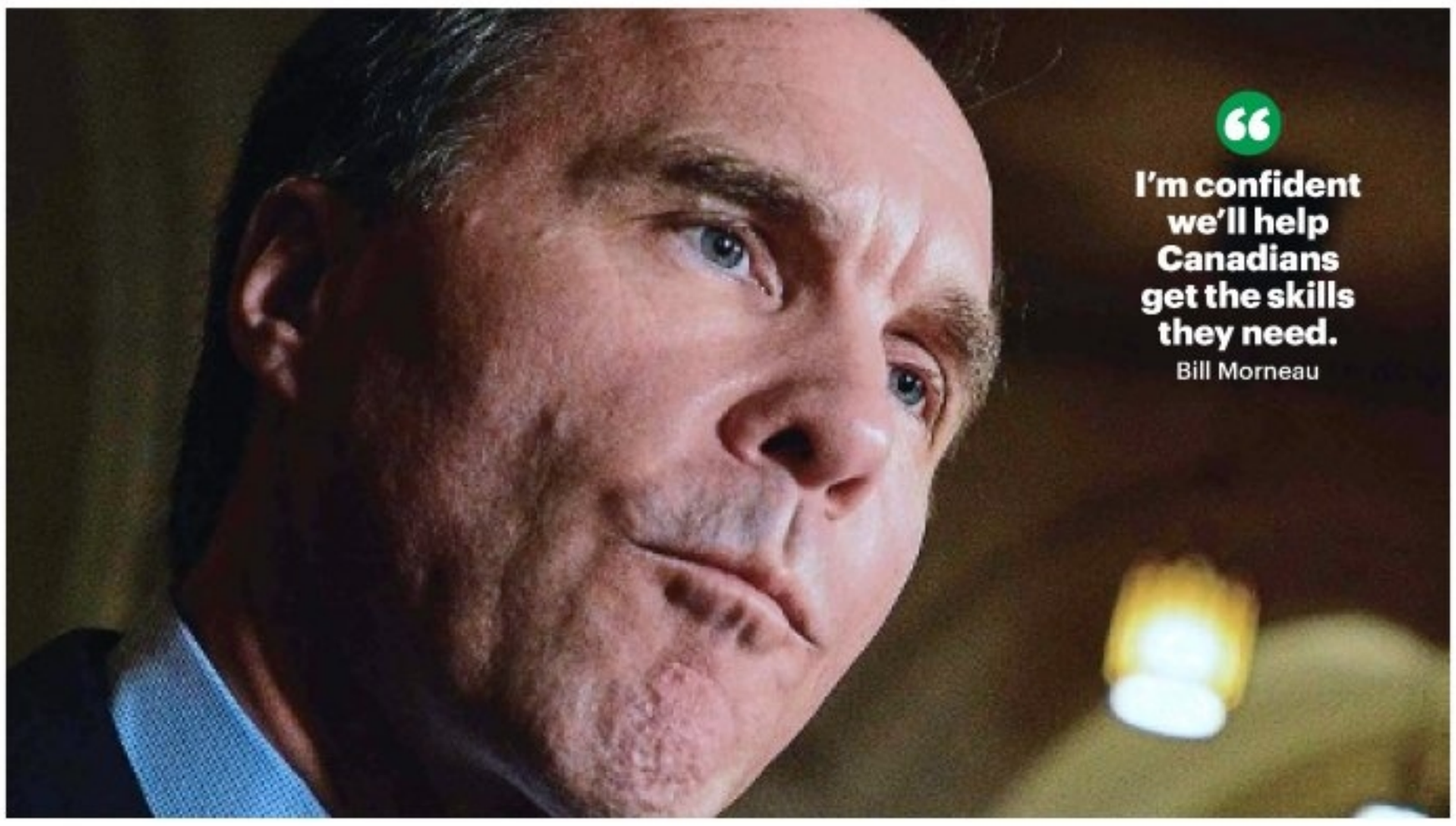
**Fight against online hate**
Germany's justice minister is proposing fines of up to 50 million euros ($53 million) for social networking sites that fail to swiftly remove illegal content, such as hate speech or defamatory "fake news." The plan marks a further step in Germany's attempt to impose its domestic laws against incitement on the world of online chatter. AP

**Anti-headscarf ruling facing criticism**
Private businesses in Europe can forbid Muslim women in their employ from wearing headscarves if the ban is part of a policy of neutrality within the company and not a sign of prejudice against a religion, the EU Court of Justice said. Such a ban doesn't constitute "direct discrimination." Critics voiced fears that the decision risks becoming a setback to all working Muslim women. AP

# Hopes high for job skills help

EMPLOYMENT

## Students need real-life work experience, advocates say




Expectations are running high that next week's federal budget will provide a more detailed federal strategy — and perhaps more cash — to help post-secondary students land real-life work experience in emerging, employee-starved fields.

In last year's budget, Ottawa committed $73 million over four years to fund an initiative aimed at ensuring that what's being taught inside the classroom is better aligned with the tech-related needs of the job market.

The government plans to launch the program this year — and advocates will be watching the March 22 budget for signs of a framework.

"Students today want to get their hands dirty as part of the university experience," said Universities Canada president Paul Davidson.

Last year, the government set aside money for new co-op placements and work-integrated learning in anticipation of a program to encourage participation in "high-demand fields," such as science, technology, engineering, mathematics and business.

Finance Minister Bill Morneau's second budget comes amid growing awareness that a wide range of today's jobs will eventually be replaced by the rapid advance of new technologies, such as automation and artificial intelligence. Job skills will be "one of the key areas of focus" in the budget, Morneau said last week.

THE CANADIAN PRESS

PRIVACY

## Canadian sex-toy maker settles intimate data lawsuit

A Canadian vibrator maker accused of secretly tracking the intimate habits of thousands of its customers through a smartphone app has agreed to spend $5 million US to settle a privacy lawsuit in the United States.

Under the deal, Ottawa-based Standard Innovation will pay Americans who bought its We-Vibe sex toy before Sept. 26, 2016, up to $199 US each. Users who controlled the vibrator via its We-Connect application will get up to $10,000 US each — although the actual amounts in both cases are likely to be much lower.

The company, which denies any wrongdoing, will also have to destroy much of the personal data it had collected through the app. The data includes time and date of use, the user-selected vibration intensity level and pattern and the temperature of the device, according to court documents.

Company records indicate about 300,000 people bought a Bluetooth enabled We-Vibe product and more than 100,000 downloaded and used the app, an affidavit by the plaintiffs' lawyer, Eve-Lynn Rapp, states.

App users will likely end up with about $500 US each, while product buyers will get about $40 US.

The class action was launched in September by a Chicago-area woman known as N.P., who bought a We-Vibe Rave vibrator for $130 US in May 2016.

THE CANADIAN PRESS

INTERVIEW

## Job chat tweet goes viral

SkipTheDishes is apologizing to a woman and offering to reschedule a second job interview that was cancelled after she asked about wages and benefits.

Taylor Byrnes of Winnipeg tweeted a screenshot Sunday of an email exchange with Victoria Karras, a talent acquisition co-ordinator with the online food delivery company.

"If I do end up filling this position, how much do you think I'll be getting paid an hour?" Byrnes asked. "Benefits will also be included, right? Sorry, I just thought I should ask now. Thanks for your time and have a lovely day."

Karras said in her reply that the questions revealed the applicant's values were out of sync with SkipTheDishes. She called off a meeting that had been scheduled for Thursday.

Karras followed up with another message that said the startup company believes more in hard work and perseverance than focusing on compensation.

"Our corporate culture may be unique in this way, but it is paramount that staff display intrinsic motivation and are proven self-starters," Karras wrote.

"Questions about compensation and benefits at such an early stage is a concern related to organizational fit."

Byrnes tweet went viral. Many Twitter users voiced their support for Byrnes and some threatened to boycott SkipTheDishes.

THE CANADIAN PRESS

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**NOTICE OF ACTION**

TO: JOEY MOREHOUSE and JENNA BREWER, CALGARY, ALBERTA

TAKE NOTICE THAT Kaitlin Love-Wilkinson has filed a Statement of Claim (numbered 1601 03790) in the Court of Queen's Bench of Alberta in the Law Courts of Calgary, Alberta filed on March 16, 2016, in which you are named as Defendants. An Amended Statement of Claim was filed on July 12, 2016. The Plaintiff alleges that on April 19, 2014 a motor vehicle accident occurred involving you failing to stop at a red light and colliding with her vehicle at a right angle (T-bone). This caused the Plaintiff to suffer serious and grievous personal injuries. The Plaintiff is claiming judgment against you.

The Plaintiff's solicitor is Kristine-Marie Mackie of Martin G. Schulz & Associates in Edmonton, Alberta. A copy of the Statement of Claim and Amended Statement of Claim against you can be obtained from Ms. Mackie by contacting Martin G. Schulz & Associates at:

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You have 20 DAYS from the date of the publication of this advertisement to file a Statement of Defence or Demand for Notice with the Court of Queen's Bench in Calgary, Alberta. If you fail to do so, the Plaintiff may proceed to note you in default, and you will not be entitled to notice of any further proceedings. The Plaintiff may then seek relief in your absence.

The Plaintiff has obtained an Order from the Court of Queen's Bench in Calgary, Alberta, allowing them to serve you by way of posting this Notice of Action in a local Calgary newspaper.

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Wednesday, March 15, 2017

## JESSICA ALLEN ON PALTROW AND PSEUDOSCIENCE

# How could a magazine with the word 'health' in it promote a person who promotes decidedly unhealthy things, like vaginal steaming?

Gwyneth Paltrow looks pretty great in a red bikini on the April issue of Women's Health. But wherever the Goop founder goes, she is not only followed by cold-pressed juice and bergamot-cedar incense, but also controversy.

People, including those in the medical community, are outraged not because one of the bolded cover lines "Get. Her. Abs." in "just 3 moves" is a flat-out lie (tried it), but on account of an interview with the wellness guru titled "Gwynergy!"

How could a magazine with the word "health" in it promote a person who promotes decidedly unhealthy things — like vaginal steaming, and questionable practises like cupping — and not even hold her to account for her medically unsubstantiated beliefs?

There is literally an entire book dedicated to Paltrow's peddling of pseudoscience: Timothy Caulfield's Is Gwyneth Paltrow Wrong About Everything?: When Celebrity Culture and Science Clash. The professor of health law and science policy at the University of Alberta recently told Gizmodo: "It's disappointing that a magazine called 'Women's Health' is embracing this science-free nonsense!"

The thinking goes: They should've known better. But maybe we should have, too.

For starters, a high school student could find the red flags: first, the interview was conducted by Paltrow's employee, Jean Godfrey-June, Goop's beauty director. No wonder she didn't press her boss on the vagina steaming. And that it reads like an advertorial hawking Goop's new line of supplements.

Second, in the interview's sidebar, titled "What's supp, doc?," an MD evaluates those supplements. But the doctor dabbles in so-called functional medicine, a controversial form of alternative medicine whose most famous practitioner, Mark Hyman, regularly appears on The Dr. Oz Show.

Paltrow graces the April cover of Women's Health, angering some who say she is peddling pseudoscience with her Goop brand. AP

"Gwyneth and Goop do push things like real food, sleep and exercise, which is fantastic," Caulfield told Gizmodo. "But it is always wrapped in a blanket of pseudoscience."

Buy the $72 scented candle, the $195 Energy Clearing Kit that includes a feather fan and "1 shungite stone," and detox everything from your body save for your soul. But be weary of the Goop interview with a doctor who says: "I have yet to see an autoimmune disease that cannot be cured or put into remission by simple dietary changes and supplementation." (Tell that to my mother, who has Lupus.)

And since when did we consider Women's Health an arbiter of health science? Thirteen pages after Paltrow's "interview," a spread called "Practical Magic" provides tips on how women can tackle their health and beauty all in one go: facials plus healing crystals, laser hair removal and Reiki. It makes another cover line on the issue,"How to Spot Fake Health News," all the more ironic.

Women's Health, whose founding editor was formerly of Teen People, is not a health journal. They promote alternative medicines, like acupuncture and chiropractics, and fad diets and workouts — think bone broth and Mama June's routine. So to feign shock over an interview in which Gwyneth says she wants to get to the bottom of why women are so exhausted (I have a few theories) and why she is "really interested in the impact of heavy metals and parasites on our bodies," seems pretty rich.

But things get richer. Compare the two April covers of Women's and Men's Health. Both target weight loss and how to get a ripped bod. Women get a "Sexy, Easy Hair" cover line and men get: "Lean, Tough, Fit!" Women get that spread on Goop's new supplements and men get a special report on "Is your supplement toxic?"

It's a solidly scientific topic. Medical studies, op-eds and reporting brought the issue of Big Vitamin taking on regulators to light. You couldn't pick up a paper or turn on a TV in 2013 without reading about not just the ineffectiveness of vitamin supplements but also their inherent dangers.

Pseudoscience is pushed on women all the time in the most inauspicious places. Take Saks Fifth Avenue's glossy Spring 2017 catalogue: Women are treated to a five-page spread on what jeans you should buy based on your zodiac sign, which lead me to ask two questions: How are men supposed to know what style of denim to wear? And why are they always targeting us with this garbage?

I can't answer the first question. But the second is obvious: we buy into it. Recent polls suggest that more women than men believe in astrology, take vitamins and supplements, and put stock in alternative medicines. But that for decades the media has hocked pseudoscience to women specifically makes the practice more complicated.

It's easy to laugh at Sean Spicer for not being media-savvy enough to know that The Onion is a satirical website. But whose fault is it if Gwyneth on the cover of a women's health magazine doesn't sound any alarms? Who's to blame for the orgasm-improving $60 jade eggs that you stick into your vagina selling out on goop.com? For the 4,000-strong waiting list to secure one?

I'd like to blame the patriarchy, but I don't think it holds much sway over Goop. And even if the patriarchy came before the jade egg, I don't blame Gwyneth. She's just the messenger.

---

**Jessica Allen** is the digital correspondent on CTV's The Social.

## VICKY MOCHAMA

# Spoiler alert: It's your fault for not keeping up, not mine

Whether it is Romeo and Juliet, Harry Potter or the video for Call Me Maybe, I do not believe in spoilers.

A spoiler is a plot point that tells you how a story's narrative progresses or ends. For example, knowing the line "I see dead people" is kind of a spoiler for the movie The Sixth Sense.

Among civilized people, you're not supposed to spoil the plot. Tell someone that Matthew dies in Downton Abbey and you end up yelling at them that it aired five years ago while they pout about it. Half a decade apparently wasn't enough time for them to get caught up on a season three plot-point in a six-season TV show. Spoiler alert: the show goes on without him.

You can't talk about any cultural touchstone without providing a spoiler. I was describing Carmen, the opera, to someone when I found myself saying, "Spoiler alert: Carmen dies." Carmen has been performed at least a dozen times (give or take) since it debuted in 1875. Believe me, it ruins nothing of Bizet's magnificent score to say Carmen meets her end. Also, it's an opera: someone important has to die. It's opera law!

I find that as long as you don't tell people how and in exactly what order, the knowledge of the plot can actually increase the story's enjoyment. In 2011, researchers at UC San Diego found that people still enjoy texts even when they know major plot points and how the story end. Their research found that participants actually enjoyed stories more when the plot had been spoiled for them.

Knowing the ingredients of a meal doesn't ruin it for you; rather, it gives you some flavours to look forward to.

And at this point, there is just too much culture. We can't tiptoe around plots because other people were "busy" at their "jobs" or whatever. Sometimes you just have to say: The world doesn't end in X-Men: Apocalypse.

Writers have some responsibility. In 2008, culture news and criticism website Vulture established its own statute of limitations for spoilers: it allows for unmarked spoilers in the text of an article on the Monday after a movie opens, but writers have to wait a month before putting spoilers in headlines. There are different rules for books and reality TV shows.

All of that is way too complicated. For my personal policy, however, I'll be reasonable. I will give you 24 hours. If within 24 hours, you have not viewed, read or listened to a piece of culture then you have not made it a priority.

Being into culture is a lot like texting while dating: if you don't get to it within a day, you were never that into it.

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Dave Franco and former Mad Men star Alison Brie have tied the knot in private

# Disney late to the ball on equality

CULTURE

## 'Gay moment' in Beauty and the Beast falls short for many

Jonathan Forani
life@metronews.ca

LeFou, played by Josh Gad, (right) with leading man Gaston, played by Luke Evans . CONTRIBUTED

There's a moment at the end of Disney's live-action remake of Beauty and the Beast where the villain's chubby sidekick LeFou starts dancing with a man in drag. Though it lasts only a few seconds, it's been called a watershed moment for the entertainment conglomerate, and LeFou has been dubbed "Disney's first gay character."

Just as swiftly, it was ruled "adults-only" material in Russia and an Alabama drive-in declared it wouldn't screen the film. But even non-homophobes don't like it.

If LeFou's errand is to be the champion of the "love is love" generation of marriage equality and LGBTQ rights, for many Disney watchers he has not only failed, but is proof gay characters still can't crack the mainstream without a tired old stereotype being applied. For some, a bad representation is worse than no representation at all.

"At this point in 2017, praising a large corporation for doing the least possible in terms of including LGBTQ characters is a bit ridiculous," says Jensine Jones, a Toronto podcaster who identifies as queer.

The film's openly gay director Bill Condon called it "a nice, exclusively gay moment" in an interview with Attitude magazine.

As characters gather for the ballroom celebration scene, LeFou begins dancing with a woman. Soon he transitions into the arms of a man named Stanley, who we met earlier when Stanley and two other men are suddenly clothed in dresses and makeup by an enchanted wardrobe. The other men are aghast, but Stanley smiles, delighted with the cross-dressing.

In the ballroom, LeFou and Stanley don't back away from each other, instead they continue to dance.

"It's a little too late, and a little too little, but it's better than nothing," says Nicholas Sammond, an associate professor of cinema studies at the University of Toronto. Though the small moment has caused a "hullabaloo" online, it's the hullabaloo that counts, he says.

> **At this rate, we'll have enough for a full-on feature in right about the time we've all moved to Mars**
> Filmmaker John Greyson

"As with many things Disney, the conversation around it is probably as important as the event itself," says Sammond. "Particularly as we enter the era of Trump, it's good to have conversations about the degree to which representations of gay characters are positive and move us toward a more inclusive society."

That was the discussion in 2009 surrounding Disney's The Princess and the Frog, featuring the studio's first black princess. Though some dubbed it "unforgivably late" and "one-dimensional," others called the film "barrier-breaking."

"Even if it's this small, tiny scene that recognizes a character like LeFou is gay or questioning, I think that is a step forward," says Andrew Murphy, director of programming for Toronto's queer film festival Inside Out. He acknowledges the history of feminized baddies in film from characters including Scar in The Lion King. "The Hollywood trope of the effeminate villain is a tale as old as time."

Queer Toronto actor Emily Schooley isn't sure she'll pay the price of admission to find out if LeFou (translation: "the fool") is portrayed in a better way than a "bumbling yes-man" yearning for Gaston, the film's pompous heterosexual bad boy. She suspects it is simply more of the same "queer-baiting," where a gay character is added to attract queer audiences, but is promptly killed off or pushed aside.

Filmmaker John Greyson notes some other brief queer moments in mainstream film: the "3.5 seconds of gay Sulu" in Star Trek Beyond, the "suddenly gay" Cary Grant in the 1938 comedy Bringing Up Baby.

"At this rate, we'll have enough for a full-on feature in right about the time we've all moved to Mars," jokes Greyson.

Some argue the LeFou storm is much ado about nothing and "it's just Disney," but for U of T's Sammond, that position is weak.

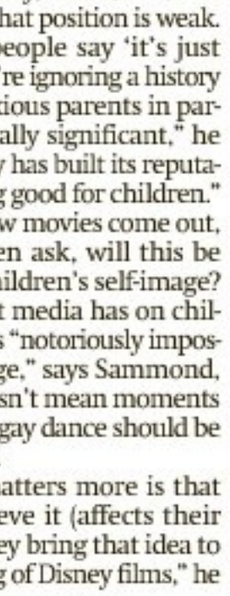
"When people say 'it's just Disney' they're ignoring a history that, for anxious parents in particular, is really significant," he says. "Disney has built its reputation as being good for children."

When new movies come out, parents often ask, will this be better for children's self-image?

The effect media has on children's lives is "notoriously impossible to gauge," says Sammond, but that doesn't mean moments like LeFou's gay dance should be brushed off.

"What matters more is that people believe it (affects their kids) and they bring that idea to their viewing of Disney films," he says. TORSTAR NEWS SERVICE

### MALAYSIA CENSORS SCENE



Walt Disney has shelved the release of Beauty and the Beast in mainly Muslim Malaysia, even though film censors said Tuesday it had been approved with a minor cut involving a "gay moment."

The country's two main cinema chains said the movie has been postponed indefinitely. Film Censorship Board chairman Abdul Halim Abdul Hamid said he did not know why the film was postponed as it was approved by the board after a minor gay scene was axed.

He said scenes promoting homosexuality were forbidden and that the film was given a P13 rating, which requires parental guidance for children under 13 years of age. THE ASSOCIATED PRESS

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## ROSE REISMAN THE SAVVY EATER

**THIS WEEK: Chicken and rice soup vs chicken corn chowder**

A hearty soup doesn't have to be full of fat.

### PICK THIS

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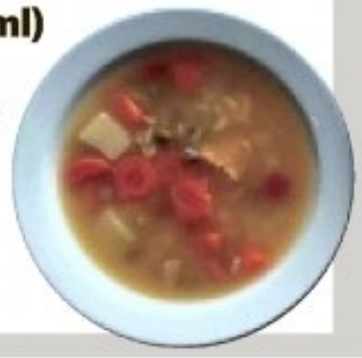
**Calories** 110
**Fat** 2.5g
**Saturated Fat** 1g
**Sodium** 770mg



### SKIP THIS

**Campbell's Chunky Chicken Corn Chowder (per 250ml)**

**Calories** 300
**Fat** 19g
**Saturated Fat** 4g
**Sodium** 850mg

### HERE'S WHY Equivalent in fat to 2 Grilled Chicken Sandwiches from Wendy's

A warm bowl of soup containing chicken and veggies is always comforting and satisfying. While both of these soups offer that, the cream in the Chicken Corn Chowder takes this from meal to mayhem, with over seven times more fat and three times the calories, simply due to the cream and butter. Using just broth as the base, the Chicken with Rice soup is sustaining without the extra calories and fat.

## LIQUID ASSETS PETER ROCKWELL

# Raise the red flag, Spain's reign has begun

The longest running liquid-themed joke in Canada over the last few years has been that Spanish wine will be the next big thing. While wine writers, me included, have predicted the rise of Spain over and over, you, the consumer, kept getting distracted by something shinier from elsewhere.

Well, with sales at an all-time high, the reign of Spain has finally come. It deserves the attention.

One of the largest wine producers on Earth, the variety of juice it pumps out is unprecedented. When combined with its balance of ultra-modern and über-classical packaging, there's a bottle for every wine lover.

Though it makes its fair share of whites worth trying, it really is a red-centric country. To get a taste for three of its primary red grapes try Monasterio de las Viñas' 2005 Gran Reserva ($17.95-$22.99).

A blend of Garnacha, Tempranillo and Cariñena, the fruit spends an unprecedented 24 months in oak before seeing bottle. You'd be hard pressed to find a wine this old, smooth and inexpensive from any other country.

*Prices reflect the range across the country. Some products may not be available in all provinces.*

## RAPINI ON RISE

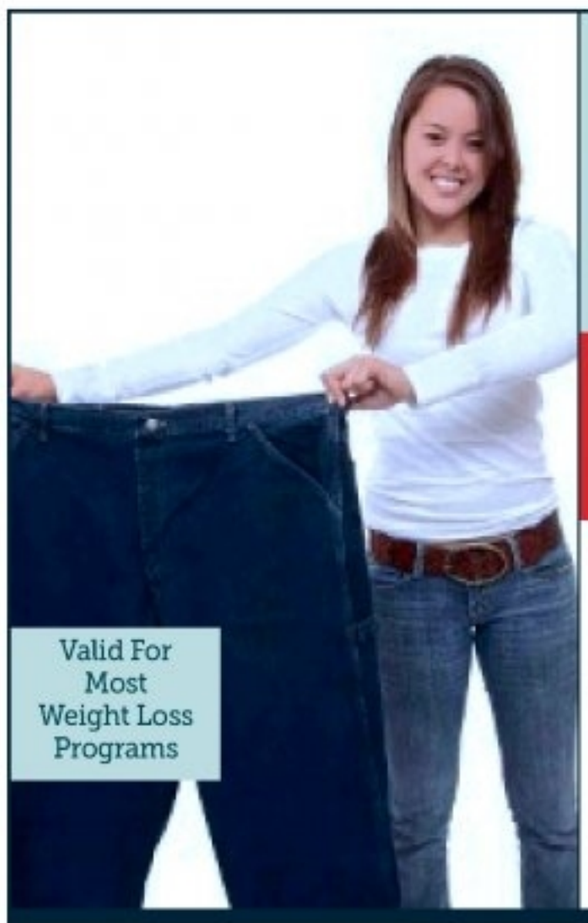
**Green tries to shade kale**

Rapini, a.k.a. broccoli rabe, is out to "rabe" kale of its superfood status.

To achieve this feat, marketers for D'Arrigo Brothers' Andy Boy brand have cooked up dozens of new ways to prepare the former wild mustard green, which the original Andy Boy domesticated back in the 1930s.

Rapini contains more iron and fibre than kale, twice the zinc of Swiss chard, and beats spinach as a source of calcium. It's low in calories and high in Vitamin A, the anti-wrinkle vitamin. At nearly 93 per cent water, it also helps us feel full longer.

D'Arrigo sales specialist Claudia Pizarro-Villalobos says the recipe campaign has helped broaden rapini's appeal. She's especially excited about Andy Boy's latest smoothie, which pairs the bitter green with almond butter, hemp seed, almond milk and dates. This powerful green adds a bold flavour to classic Italian recipes like hearty pasta with sausage. TORSTAR NEWS SERVICE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# Beautifully buttery scones that are truly fit for a saint

RECIPE

## Moist and flaky Irish variation best served up with salty fish

**These scones are not too sweet as their intended filling is smoked, salty salmon; if you're trying to be super authentic, source some wild Atlantic salmon — adored in Ireland.** CONTRIBUTED

Is it not enjoyable to take advantage of another culture's holiday to explore new recipes and treat yourself to something delicious? It is. And is St. Patrick's Day not right around the corner? As the Irish might say, 'tis.

Moist, biscuit-y Irish scones, lashed with rich butter and a few slices of smoked salmon, top many lists of Irish culinary yearnings this March 17.

European-style butter makes a big difference in this dish; it has a slightly higher butterfat content than everyday supermarket butter. If you're sticking close to the theme, look for good Irish butter.

As with biscuits or really any quick bread, the less you handle the dough, the better. Over-mixing or kneading will activate proteins in the flour, toughening your resulting baked goods.

The dough might seem sticky; just work quickly and make sure your work surface is well dusted with flour. Lightly dust the top of the dough, too, so your fingers won't stick to it.

These scones are not too sweet, as their intended filling is smoked, salty fish. For a sweeter plain scone, add another tablespoon or two of sugar.

**Irish Scones With Smoked Salmon**
Makes 10

**Ingredients:**
- 3 cups all-purpose flour, plus more for patting out dough
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 3/4 cup (1-1/2 sticks) chilled unsalted butter, cut into pieces
- 1 cup whole milk
- 1 egg yolk
- 1 whole egg
- About 3 tablespoons softened unsalted butter, for serving
- 1/2 pound good-quality smoked salmon

**Directions:**

**1.** Heat oven to 400 degrees. Line a baking sheet with parchment. Lightly flour a clean work surface.

**2.** In large mixing bowl, stir together flour, sugar, baking powder and salt. Using a pastry cutter, two knives or your fingers, cut butter into flour mixture until mixture resembles coarse cornmeal, with no piece of butter larger than a pea.

**3.** In small bowl, combine milk and egg yolk. Stir into dry ingredients just until mixture comes together.

**4.** Turn dough onto floured work surface, and roll or pat out to 1-1/4-inch thick. Cut 2-1/2-inch circles with biscuit cutter, as close as possible to one another.

**5.** Gently pat together scraps and cut out another 2 or 3 circles. Place pieces on prepared baking sheet at least 1 inch apart.

**6.** Beat whole egg with 1 teaspoon of water in small bowl and brush lightly on tops of scones.

**7.** Bake until golden brown, about 15 minutes. Transfer to wire rack to cool until barely warm.

**8.** Split scones in half, then spread with butter and layer bottom halves with salmon. Replace tops.

THE ASSOCIATED PRESS

### A CUT ABOVE

What does it mean to "cut" the butter into the flour mixture?

The butter is added cold, in small pieces, and is incorporated into the dry ingredients so that it is well distributed but maintains a pebbly texture.

That way, when the scones bake, the butter melts into the dough and creates flaky scones with tiny pockets of air to keep the texture light.

Use a pastry cutter, two butter knives or quick rubbing movements with your fingers to work in the butter without creaming it into the dough, which would create a denser scone.

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# A slice of the black stuff

RECIPE

## Guinness adds creamy, intense depth to cake

Ricardo Larrivée
life@metronews.ca

**This Guinness cake is a gooey chocolate overload.** CONTRIBUTED

Happy St. Patrick's Day everyone! While I love green beer as much as the next guy, I like to celebrate Canada's Irish heritage with a bit more of a sophisticated flavour profile — what they like to call 'the black stuff."

Enter my ooey, gooey chocolate-overload Guinness cake — you've never tasted anything like it. The addition of a generous pour of Guinness to the batter is the secret to this knockout cake's deeply caramelized flavour and melt-in-your-mouth texture. The crumb is moist and dark, but heavy and satisfying at the same time.

The ganache adds a whole other layer of intensity; also spiked with stout, it's creamy and intense and the malt flavour blends with the cocoa to up the chocolatey power even more.

### Chocolate Guinness Cake

**Makes 12 servings.**

**Ingredients:**

- 3 cups (450 g) all-purpose flour (more for pans)
- 2 tsp baking soda
- 1-1/4 cups (280 g) unsalted butter (more for pans)
- 1-1/4 cups (310 mL) Guinness beer or a local stout
- 1 cup (100 g) cocoa powder
- 1-1/2 cups (315 g) lightly packed brown sugar
- 1/2 cup (105 g) sugar
- 1/2 tsp salt
- 3 eggs, lightly beaten
- 3/4 cup (180 ml) sour cream

For the ganache:

- 16 oz(450 g) dark chocolate, chopped
- 1/2 cup (125 mL) Guinness stout
- 2/3 cup (150 mL) 35% heavy cream
- 1/4 cup (60 mL) light corn syrup
- 1/2 cup (115 g) cold unsalted butter, diced

**Directions:**

**1.** With the rack in middle position, preheat oven to 350 F (180 C). Line two 8-inch (20 cm) springform pans with parchment paper. Butter and flour the sides.

**2.** In a bowl, combine flour and baking soda. Set aside. In a saucepan over medium heat, melt the butter with the beer and cocoa powder, stirring with a whisk. Let cool.

**3.** In a large bowl, combine brown sugar, sugar and salt. With a whisk, add the lukewarm butter mixture alternately with dry ingredients and eggs.

**4.** Add sour cream and stir until mixture is smooth. Divide batter among pans and bake for about 50 minutes or until a toothpick inserted into the centre of each cake comes out clean. Unmould and cool.

**5.** To make the ganache, place the chocolate in a bowl.

**6.** In a saucepan, bring beer, cream and syrup to a boil. Remove from heat and pour over chocolate. Let stand for 1 minute.

**7.** With a whisk, gently stir mixture until the chocolate has completely melted. Add the butter and stir until smooth. Refrigerate for 1 hour or until the ganache is spreadable but not too thick. If needed, microwave a few seconds at a time and stir until spreadable.

**8.** Cut and discard the rounded tops of each cake. Spread one-quarter of the ganache onto one layer.

**9.** Top with the second cake layer and frost with the remaining ganache.

TORSTAR NEWS SERVICE

DRINKING

## Ireland the perfect gateway to whiskey

Irish whiskey used to be the liquor world's original two-party system. You could have a Jameson. Or you could have a Bushmills.

Those days are well and truly over. With 30-something choices at the LCBO, alone, lucky revellers this St. Patrick's Day will have no shortage of options for when they want to raise a glass of Irish. That's a fraction of what's available globally, of course. Abroad, we'd be able to sample one of several new releases: Roe & Co, a premium blend, Trader Joe's own brand or, for music fans, the Pogues' own signature brand, which still hasn't reached our shores.

But back to Jameson for a moment. To a sizable degree, Jameson is responsible for the Irish whiskey boom. Many bartenders still make it their shot of choice because of its blue-collar appeal (it's like Pabst Blue Ribbon for beer drinkers). And it's because of that blue-collar thing that Jason Masse, head bartender at Allen's, one of Toronto's best-known Irish bars, says Jameson was always more popular than Bushmills.

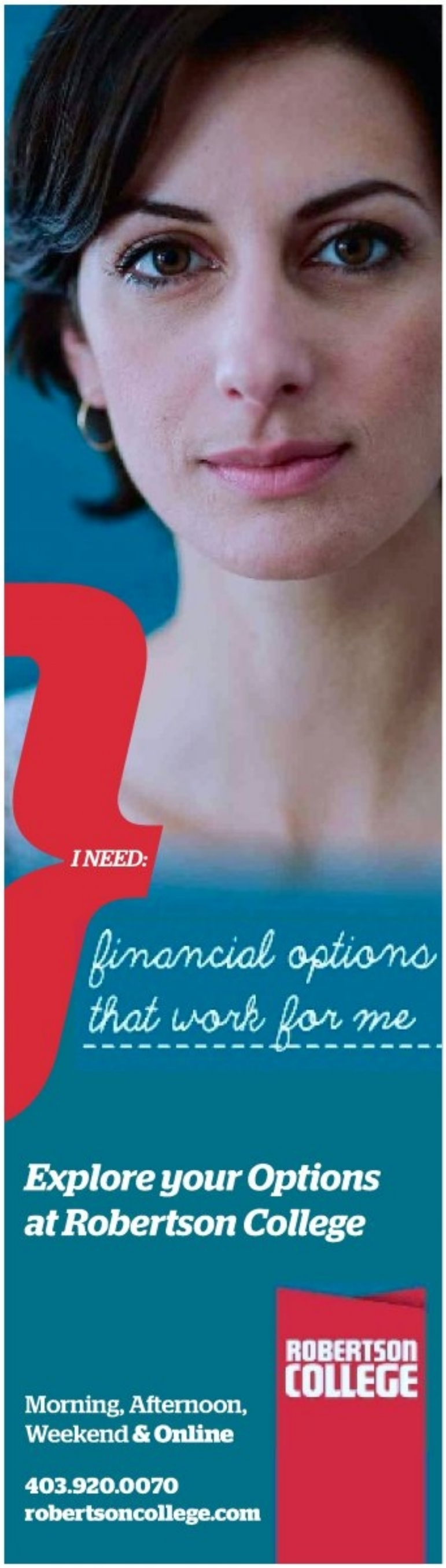
"I think Jameson is still the go-to in that it's the original and I think it was most peoples' first foray into Irish whiskey," Masse says. "Irish has certainly come a long way, though, and there's certainly a much more diverse selection now."

Masse has seen a tremendous uptick in patrons looking to try something new. He says you can't ever go wrong with Redbreast, which he calls "quintessential Irish."

Like something more complex and creamy? Then Green Spot is your ticket. And for people who favour simplicity, a straight-up, classic, sweet flavour profile of Writers Tears is perfect. Masse says it's hard to err with Irish, which is why, whenever he has a guest who wants to learn about whiskey, he almost always starts them with that spirit.

"It's generally very smooth," he says. "It's the perfect gateway whiskey."

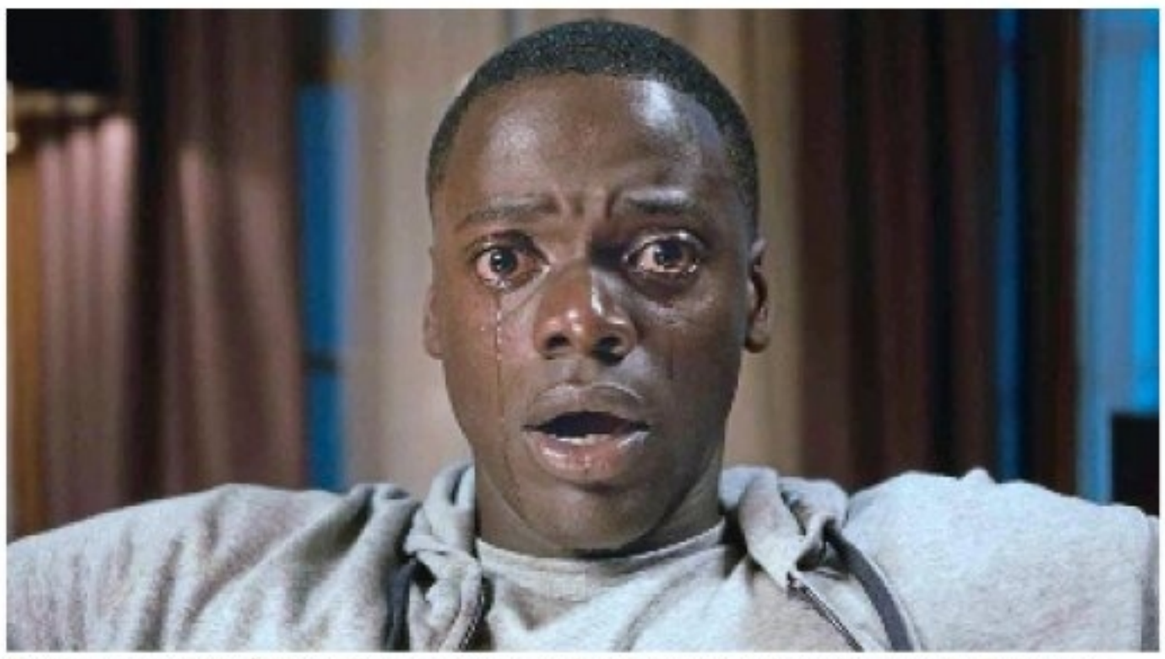
TORSTAR NEWS SERVICE



# Get Out's scary good run continues

TRENDS

## Social horror rides Trump effect to blitz the box office



Get Out passed the $100 million mark last weekend, reaching that milestone in 16 days. AP

There have been monster gorillas and sharp-clawed superheroes at the box office this month, but the biggest beast of them all has been Jordan Peele's $4.5 million, race-exploding thriller Get Out.

In just 16 days, Peele's low-budget self-described "social horror" film has already crossed the $100 million mark. While Get Out, made by Blumhouse Productions and released by Universal Pictures, doesn't match the hefty global totals of Logan or Kong: Skull Island, few films can touch its extreme profitability — or its firm grip of the zeitgeist.

"Get Out isn't a Redbox, VOD, iTunes movie," Peele said recently. "If you don't see it with the theatre energy, you'll miss the full intended experience."

And moviegoers have taken the advice. Get Out made $21.1 million in its third weekend, according to studio estimates Sunday, bringing its total to $111 million. Whereas most movies — especially horror films — drop considerably after opening weekend, Get Out has barely slipped. It dropped about 15 per cent after its first weekend, and 25 per cent after its second.

Get Out, which is the directorial debut of the former Key and Peele star, first led the box office the same weekend Moonlight won best picture at the Academy Awards. It also follows the spectacular success of the Oscar-nominated Hidden Figures, which has made more than $160 million since its debut.

For those who still cling to the old stereotype that films led by black actors are limited at the box office, 2017 is making an already difficult to defend notion downright ridiculous. And Get Out has done it without a big name; it stars British actor Daniel Kaluuya as an African-American photographer whose white girlfriend (Allison Williams) brings him home to meet her family.

"It's time to put to bed the idea that movies with any kind of cast don't perform at the box office. The only thing audiences care about is whether a movie is good or not," says Paul Dergarabedian, senior media analyst for comScore. The success of Get Out, Dergarabedian says, has been driven by its quality (at 99 per cent fresh on Rotten Tomatoes, it's the best-reviewed film of the year), its capacity to entertain and its ability to remain in the conversation. "You can't just put this movie in a box," he says.

And audiences have been notably diverse, with 39 per cent black, 36 per cent white and 17 per cent Latino on opening weekend.

In some ways, Get Out — where deep and violent racism is papered over by smiles and protests of liberal enlightenment — suggests the movie theatre is already a different place since before Donald Trump's presidency. Peele conceived of his movie years ago as a rebuke to the Obama-era idea of a post-racial America, but it has struck many as an unusually timely film.

"Get Out shows how the public racism of (the civil rights era) has hidden itself by burrowing like a ravenous tapeworm into the bowels of America, growing fatter each year as it feeds off good intentions and bad faith," Kareem Abdul-Jabbar wrote in a Hollywood Reporter column that called Get Out 'Invasion of the Black Body Snatchers' for the Trump era.

The comedy website FunnyOrDie made even more direct parallels, re-cutting the film's trailer to put Trump — who has defended himself as "the least racist person that you ever met" — in the father's role and Ivanka as the daughter. It's been watched by more than 3.6 million times. THE ASSOCIATED PRESS

### "TOO BLACK"

**Kaluuya responds on role**

Daniel Kaluuya, star of Get Out, has responded to Samuel L. Jackson's suggestion that a black American actor ought to have played his part. Kaluuya expressed admiration for Jackson but disagreed, saying he's had to wrestle with people calling him "too black." He said: "When I'm around black people, I'm made to feel 'other' because I'm dark-skinned."

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

# A dose of ordinary family chaos

**THE SHOW: BBC World Broadcast Skype interview (YouTube)**
**THE MOMENT: The giddy interruption**

Have you bookmarked this one? Dr. Robert E. Kelly, an American who's an associate professor of international relations at Pusan National University in South Korea, is in his home office talking via Skype to the BBC. The news is serious: South Korea's president has been ousted.

"Scandals happen all the time," Kelly says. "The question is, how do democracies respond?"

His office door flies open. A child in a yellow sweater struts in, elbows rocking, a strut for the ages.

"I think one of your children's just walked in," the interviewer says. Without looking, Kelly reaches back and stiff-arms the kid, who calmly peels what looks like string cheese.

Then a baby in a squeaky walker wheels in. Followed immediately by Kelly's wife, who skids through the doorway, grabs each kid by the wrist and hauls them out, knocking books off the desk.

Kelly's eyes close briefly, but he keeps talking, as does the interviewer, British to his core. Finally Mrs. Kelly, on her hands and knees, reaches up and pulls the door shut.

Of course this thing immediately went viral. It's 40 seconds of joy. There's the interruption in three acts. There's dad, Buster-Keaton-calm. There's the strong-arm, the string cheese, the squeaking, the skid. Any one of those things would have made it internet gold.

But it's also a perfect metaphor for this moment, when every day brings us news crazier than we could imagine. A dose of ordinary family chaos — simultaneously mirroring our mood, yet grounding us — is just what we needed.

Dr. Robert E. Kelly tries to keep his giddy invader at bay. BBC

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

**This is one of the largest types of shows like this in Western Canada that showcase the latest in technology, safety and performance.** Jim Gillespie

Patrons admire Lexus vehicles during the 2016 Calgary International Car & Truck show. CONTRIBUTED

# Wheeling out exclusive cars

CAR & TRUCK SHOW

## Prototypes, high-end concept vehicles to be showcased

**Krista Sylvester**

Cutting edge technology, superior performance features and unsurpassable safety is on display year after year at the Calgary International Car & Truck Show.

This year is no exception, according to Calgary Motor Dealers Association executive manager Jim Gillespie, who says many car manufacturers showcase high-end concept vehicles and prototypes that haven't even hit the market yet.

"We've got some very cool cars and some pretty unique concept vehicles this year. This is one of the largest types of shows like this in Western Canada that showcase the latest in technology, safety and performance," he says.

"Buick is bringing in a concept car and I have an exclusive foreign GT vehicle coming. We also have a couple of Lamborghinis that are super unique because there is only a couple of them in North America. I've also got a Ferrari, and it's the only one in North America currently — it's a very exclusive car."

Car buyers check out new vehicles during the 2016 Calgary International Car & Truck show. CONTRIBUTED

Those exclusive cars will be featured alongside others in the "exotic row" section of the show. As well, the popular Pit Stop is back and people can stop to take a break with a drink and a snack, located in the accessory booths section.

With so many one-of-a-kind vehicles on display, Gillespie expects a lot of car enthusiasts and people in the market for a new vehicle to trickle through the doors.

"We're the only auto show in Alberta that has a McLaren and a Lamborghini display this year, and there will be cars here from entry level status to half a million bucks and everything in between. It's a one stop shop, so it's good for potential buyers to see all of the cars in one place."

Young car fans not able to drive yet will still have fun too, Gillespie adds.

"There is a lot of stuff for kids, like colouring books and crayons and for some lucky kids there will be free hot wheels for the first 40 kids through the doors each day."

Gillespie reminds patrons not to forget to participate in a survey at one of the two main entrances for a chance to win prizes from the show. The show is spread out across five halls so make sure to grab a show guide at the entrance.

"There is a lot to see because the show is spread out over five halls and 250,000 square feet of automotive heaven; our patrons like to utilize the map so they don't miss out on anything," Gillespie adds.

Visit autoshowcalgary.com for more information.

### EVENT DETAILS

- Runs from Wednesday March 15 to Sunday March 19 at the BMO Centre at Stampede Park
- Show hours are Wed., 3 to 10 p.m.; Thurs., Fri. and Sat., 10 a.m. to 10 p.m.; Sun., 10 a.m. to 6 p.m.
- Regular tickets are available online or at the door.
- All tickets for all ages on weekdays are $10 and weekend tickets are $15 for adults, $10 for seniors and students/youth.
- Family of four pass is $38, weekday or weekend.
- Thursday night is Universal Lincoln Ladies Night and ladies get in for $5

HIGHLIGHTS

## Must see cars and trucks

There is no shortage of unique, exciting and sleek vehicles on display this year but there are some that stick out more than others.

Of course, there is the highly exclusive appearance of the McLaren and Lamborghini this year but many people are also talking about the Porsche 919 prototype that will be on display. With a turbo-charged 2.0-litre gasoline engine with 500 horsepower, this is one fast car and it will be a hot commodity all week.

Of course, this is called the car and truck show for a reason, and many patrons are attending simply to check out the latter, including the new 2018 Chevy Colorado ZR2, the new 2018 Ford-150 Raptor, the new 2017 MC Sierra 1500 All Terrain X and more.

Here are five other unique vehicles worth checking out this week.

1. 2017 Porsche 911 Turbo S
2. 2017 McLaren 570S
3. Aston Martin DB11
4. 2017 Ferrari 488 Spider
5. 2016 Dodge Viper ACR 2

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

# Calgary dealers believe in giving back

CHARITIES

## CMDA takes pride in their community involvement

**Krista Sylvester**

For the Calgary Motor Dealers Association (CMDA), vehicles and charity go hand in hand and its history of giving back speaks to that.

The CMDA is a non-profit organization comprised of 80 franchised dealers in Calgary, and while they are in the business of selling vehicles, the dealers also believe in giving back to the community, according to organization executive manager Jim Gillespie.

"The CMDA is dedicated not only to the betterment of the industry but to the community in which it does business," Gillespie says.

The Calgary International Car & Truck Show supports a number of local charities, namely through the annual Vehicles & Violins Gala, which is entering its 18th year, which raised nearly $4 million to date.

"This year the Gala has partnered with the Mustard Seed and the Prostate Cancer Centre and we have kept the prices for the event the same for the past five years because it's not the best time to raise prices in our economy."

Since the gala began 18 years ago, it has raised money for over 40 local charities including the Alberta Children's Hospital Foundation, Alzheimer Society and Kids Cancer Foundation. Last year, the gala raised an impressive and record breaking $435,000, which was split between The Fresh Start Recovery Centre, The Alex and the Children's Cottage Society.

The importance of such partnerships are essential to local organizations, says Mustard Seed spokesperson Mita Adesanya, who adds that they are honoured to be included in this year's Vehicles & Violins Gala.

"These types of partnerships provide us with a lot of support and connections and they also expand our opportunity for people to have a better understanding of who are and what we do and be a part of it," she explains.

"We really appreciate the people of the CMDA — I know anytime you can mix cars with music, it creates a unique setting for people to have a good time while doing something good for the community."

The CMDA also helps students who are looking to further their education in the automotive business.

Last year, the CMDA donated $100,000 worth of tools to 13 Calgary high school automotive programs — seven Calgary Board of Education schools and six separate schools.

"It amounted to $50,000 per board, including everything from hoists to tire machines and socket sets to scanning tools supplied by Snap-On," Gillespie says.

This year's Vehicles & Violins Gala took place on Tuesday March 14, though final numbers haven't been released yet on how much was raised.

**The Calgary International Car & Truck Show supports a number of local charities through the annual Vehicles & Violins Gala, which has raised nearly $4 million to date.** CONTRIBUTED

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MEN'S HEALTH

## The return of the MAN VAN

The MAN VAN was such a success at the 2016 Calgary International Auto & Truck Show, it will be returning for this year's show.

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One in seven men in Alberta will be affected by prostate cancer. When detected early it is very treatable. A PSA blood test from your family doctor or a 10 minute trip to the MAN VAN can aid in early detection.

During the 2017 Calgary International Auto & Truck Show attendees will be able to visit the MAN VAN and get checked. For more information, visit getchecked.ca.

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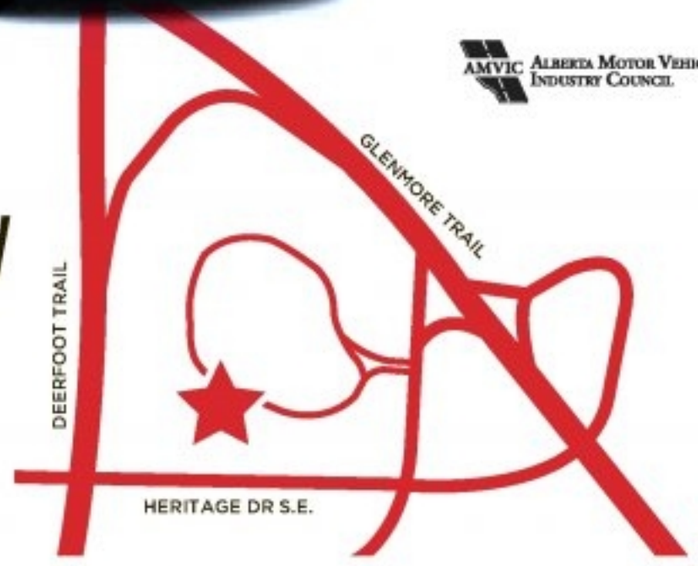


AMVIC Alberta Motor Vehicle Industry Council

Vehicles may not be exactly as shown. All vehicles were available at time of print. Prices and payments are plus tax. All dealer rebates, discounts, factory incentives, prices, and interest rates are subject to change or end without notice as new retail incentive programs are announced. Offers expire March 31, 2017. Receive one (1) $10 gift card with every qualified test drive. A qualified test drive is required in order to enter. Qualified test drives consist of filling out a credit application.0% financing available on stock number 1709-036 OAC. Receive $500 Auto Show Bonus with new or used vehicle purchase during the Calgary Auto Show March 15 - 19, 2017. All incentives and rebates are reflected on advertised vehicles.*Mitsubishi First Auto Program applies to Lancer, Sportback, RVR, Outlander and Mirage vehicles (excluding 2015 Mirage ES 5MT), is applicable to all approved Scotiabank first-time automotive finance or lease purchasers and must be combined with Scotiabank Subvented Finance or Lease Rates. *Education Edge rebate available on the purchase of most new Mitsubishi vehicles to students: a) currently enrolled in a Canadian/U.S. 4-year program and scheduled to graduate within the next 12 months; b) currently enrolled in a U.S. or Canadian Master's or Doctoral program; or c) who graduated within the last 3 years from a 2- to 4-year program at an accredited U.S. or Canadian college or university, trade school or nursing program. Documentation will be required. *Loyalty program rebates available on the purchase of most new Mitsubishi models to current owners and eligible others. Amounts vary by model. See dealer for details.

The family car has come a long way, including a variety of luxury family-friendly vehicles like the Lexus ES. CONTRIBUTED

# Haul the kids around in style

CAR MODELS

## Five family vehicles that make the grade

**Ross Fattori**

In the 1980s and '90s, minivans were considered the go-to family car for a variety of reasons: they were spacious, economical, reliable and safe.

The family car has come a long way in two decades. Today, its definition depends on the age and number of children that you will be moving around and can include compact sedans, crossovers, SUVs and minivans.

A wide array of models fit into the category of family car. Here are five worth checking out:

**Subaru Impreza Hatchback:** This entry-level compact is perfect for young families with active lifestyles. It comes with the Subaru symmetrical full-time AWD system, which provides great traction in winter conditions. The 2017 model is available as a four-door sedan or a five-door hatch/wagon, and it boasts a 40 per cent better crash absorption than previous models. There is also plenty of cargo space to accommodate the kids' stuff.

**Lexus ES:** Consumer Reports tag this midsize luxury sedan as one of the best for families with teenage children. With the ES, there is ample space in the back seats for growing children, and leg room is not an issue. The Insurance Institute for Highway Safety has given the ES the highest Top Safety Pick+ distinction with top ratings across the board in its moderate-overlap front-impact, side-impact and roof strength tests.

**Toyota Avalon:** This family car is equipped with full-size features and stylish looks. The 2017 model boasts a spacious interior and a host of high-tech gadgets, such as Toyota's advanced display audio system with a 6.95-in. touchscreen, Bluetooth® and audio streaming capability. Children will appreciate the backseat centre console with AC/heater vents, a household-type power outlet for power-hungry electronics and the well-padded seats.

**Hyundai Elantra:** This sixth-generation Elantra is a compact sedan that delivers a class-above experience at a reasonable price. For 2017 Elantra, Hyundai's engineers created a new structure composed of its advanced high-strength steel, which has led to a new level of ride comfort with smooth, precise handling, improved interior quietness and enhanced safety.

**Chrysler Pacifica Hybrid:** As Canada's first-ever and only hybrid minivan, the 2017 Chrysler Pacifica Hybrid offers family-friendly functionality and money-saving fuel efficiency. It gets up to 53 km full electric range and up to 911 total driving range, with seating for up to seven, available hands-free sliding doors and liftgate, ample cargo space, and more.

Toyota Avalon. CONTRIBUTED

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# Guild chef conquers the West

BON APPÉTIT

## Ryan O'Flynn to open nine new restaurants, expand The Guild

**Shelley Boettcher**

Calgary chef Ryan O'Flynn, who heads the culinary team at The Guild, isn't shy about his plans for Canadian culinary domination.

As part of the Toronto-based restaurant group, Oliver & Bonacini, O'Flynn is helping to lead the group's Western Canadian expansion. "It's kind of like the Trans-Canada Highway of restaurants," he says. "It's pretty cool to build that path. And I want to be part of it."

The expansion started last year with the opening of The Guild on the main floor of The Bay building in July 2016. It continues with the opening of nine restaurants — yes, nine — in Edmonton in 2018. The first will be in the J.W. Marriott Hotel in Edmonton's arena district, followed by eight others in the city's arts district. While the Edmonton growth is big news, Calgarians aren't being forgotten now that The Guild is up and running. Last year, O'Flynn and his team opened a speakeasy, Sub Rosa, in the basement of The Guild.

**Calgary chef Ryan O'Flynn isn't shy about his plans for Canadian culinary domination.** CONTRIBUTED

> **"It's kind of like the Trans-Canada Highway of restaurants. It's pretty cool to build that path. And I want to be part of it."**
> *-Calgary chef Ryan O'Flynn*

This past February, they opened a pub and patio as part of The Guild. And in April, they'll open a 90,000-square-foot conference centre on The Bay's top floor. It features two ballrooms, Hudson's Lofts (which holds 600 people) and Hudson's Flats, which holds 400.

Each room can be divided into three smaller rooms, but for larger events, O'Flynn and his team will have the capacity to serve plated dinners for up to 1,000 people. Just like the menu at The Guild, there will be vegetarian dishes, dry-aged beef, gourmet comfort food and local meat and produce.

The new centre will also have a 20,000-square-foot kitchen, so staff can expand what they make on-site.

"We're going to make everything in-house," O'Flynn says. "Our long-term goal is literally to be the butcher, the baker and the candlestick maker."

With so much on the go, does O'Flynn ever rest? A little, he admits, thanks to his hard-working team. "The days are long but not too many people get to be part of such amazing growth," he says. "I want to be part of this collective genius and see what we can do next."

### BY THE BAY

The Guild is located on the main floor of the historic Bay building. Here's a quick look at its heritage:

**1876** – The first Hudson's Bay store opens in Calgary, one year after the city is established.
**1913** – The Bay opens in its current location, on the corner of Seventh Avenue and First Street S.W.
**1929** – The store expands to Eighth Avenue S.W.
**2016** – The Guild opens.

Source: hbcheritage.ca

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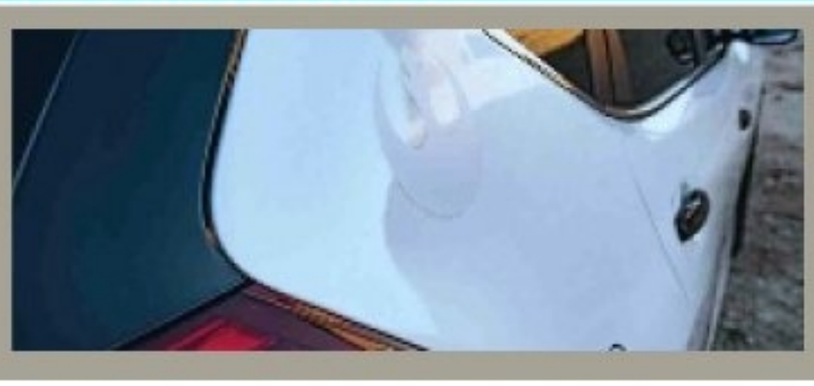
# Rogue refresh won't unseat rivals

HANDOUT

## THE CHECKLIST | 2017 NISSAN ROGUE

**THE BASICS**

**Engine:** 2.5 litre four-cylinder
**Output:** 170 horsepower, 175 pound-feet of torque
**Transmission:** Continuously variable auto
**Fuel Economy (L/100 km):** 9.6 city, 7.4 highway (AWD)
**Price:** $35,793 as-tested (destination included)



**LOVE IT**

- Updated styling
- Reasonable ride

**LEAVE IT**

- Outdated infotainment system
- Pricey Star Wars package (pictured left)
- Whiney CVT

REVIEW

## Superficial updates not enough to take the top spot

Dan Ilika
AutoGuide.com

The Nissan Rogue has gone from afterthought to in demand, climbing the sales charts to crack the top-five best-selling CUVs in Canada and the United States.

That means the Rogue is rubbing fenders with the likes of the Ford Escape and Honda CR-V. But as overhauled versions of both hit dealer lots in recent months — and a new Mazda CX-5 on its way in the near future — the Rogue seems suddenly outdated. Which is where this mid-cycle refresh comes in.

The cabin has been spruced up, slightly, to include a new flat-bottom steering wheel, a new center console design, a new shifter and some updated trim panels. The fabric used on the seats has also been replaced, while a fancy new trim package adds quilted leather upholstery to top-of-the-line SL models.

Our tester came finished in mid-grade SV trim, which leaves a lot to be desired. There's plenty of hard touch plastics and the fabric on the seats doesn't feel great. Making matters worse is the Rogue SV's basic infotainment system. With a five-inch display in the dash, what you see is what you get and what you get is little more than audio and rearview camera functionality.

The Rogue SV has comfortable seats with a sliding second row that offers plenty of legroom. The Rogue can move a family of four with ease. It's capable of squeezing an extra passenger or two thanks to the available third row of seats, making the Rogue the smallest three-row crossover on the North American market. Stick to a five-passenger configuration and there's decent amount of cargo room.

None of the Rogue's mechanics were changed as part of the refresh. Output is respectable but the Rogue's continuously variable transmission whines and moans during acceleration. The Rogue's cabin is pretty quiet otherwise, without much road noise making it inside.

As for the ride itself, it's a little stiff and truck-like, but does well absorbing bumps on the road. The steering is a bit vague, but the variable steering ratio is an added bonus and gives it a lighter feel at lower speeds.

With an updated look and little else, the 2017 Nissan Rogue isn't likely to unseat the segment-leading CR-V anytime soon.

# Formula 1 legend unveils dream car

**WHEELS ROUNDUP**
News driving the auto industry brought to you by AutoGuide.com

X-TRAIL

## Doggone Nissan

Nissan has introduced a new concept tailored for our furry friends, the X-Trail 4Dogs.

No this isn't a joke. Nissan is incorporating accessories for your four-legged pet. In the rear of the X-Trail 4Dogs concept, the automaker has added a quilted cargo area, a shower, a spill-proof water bowl and a treat dispenser. There's a ramp to allow dogs to enter easily and a special clip for harnesses. The 360 shower wraps around the dog so the user doesn't get wet, while a built-in blowdryer nozzle is handy to get rid of the wet-dog smell. There's even a 10-inch screen so they can see what the passengers are doing. This also allows the driver to check on the dogs from the cockpit. Sadly, it's unlikely this concept will make it to production. JASON SIU/AUTOGUIDE.COM

RACEMO

## Let's get phygital

Indian automaker Tata Motors has introduced the sub-brand Tamo at the Geneva Motor Show.

The first of Tamo's innovations is Racemo, a two-seater sports coupe the company calls the first globally developed "phygital" car, merging the physical and digital worlds. Thanks to Microsoft, the Racemo is also India's first connected car, bringing alive connected technologies like cloud computing, analytics, geo-spatial and mapping, as well as human-machine interface. There's also a race version called the Racemo+. JASON SIU/AUTOGUIDE.COM

GETTY IMAGES

FITTIPALDI

## Vision in yellow

Formula 1 legend Emerson Fittipaldi just unveiled the car of his dreams, the Fittipaldi EF7 Vision Gran Turismo at the Geneva Motor Show.

Fittipaldi partnered with Pininfarina, the Italian carrozzeria, and German engineering firm HWA AG on the superconcept. The sculpted all-carbon shape is staggeringly pretty, ruthlessly functional and focused in racy kinda way. The EF7 promises professional level performance. It will have a limited production run with bespoke options; it's unlikely two EF7s will be alike. MICHAEL ACCARDI/AUTOGUIDE.COM

# If Herbie was a family car

SEDRIC

## Mobility concept: Self-driving pod from VW AG

Jason Siu
AutoGuide.com

**Matthias Mueller, CEO of Volkswagen, with the autonomous concept car.** HANDOUT

No, this car isn't a Volkswagen. Not specifically, anyway. Nor is it a car, in the traditional sense. Sedric (that's short for SElf DRIving Car) is a "mobility concept" for the whole Volkswagen Group.

That means that this four-wheeled contraption doesn't, like most cars, have a fifth for steering in front of the driver, because this level-five autonomous car never lets any human drive it. Instead, you get in, sit down, enter a location and a ring lets you know when you'll arrive at your location. So it's kind of like Sedric lets you download locations (a simile I'm sure has given a Silicon-Valley-type their wings).

Sedric was revealed today at the 2017 Geneva Motor Show and is the next step in VW's post dieselgate plan, TOGETHER 2025. Much like the I.D., Sedric is an all-electric concept, with battery packs under the floor and an electric engine tucked away between the wheels.

Its lack of a driver's seat, though, means that anyone can get in Sedric and go somewhere. According to VW, that makes it perfect for the young and the infirm. In fact, it's even been designed to be used by people with impaired eyesight. Alternatively, the car could be used by busy parents to, say, pick up their kids from school.

Sedric has also been designed to talk to its passengers and interact with them. That means that you can make spur of the moment decisions along the way, like stopping for a bathroom break. Of course, if you prefer, you can just close your eyes and choose to simulate long distance space travel by waking up at your destination.

Unlike a traditional car, you'll have the option to buy Sedric or share it. If you choose to buy it, you can get it as one of VW's many brands. The new concept is designed for four people, with the rear seats designed as a couch (or bench as it's often referred to) and an OLED windshield that can project images onto the road ahead.

CONCEPT

# Flying cars could be on the horizon

Flying cars may not be as far fetched as you may think.

Making its world premiere at the 2017 Geneva Motor Show, Italdesign and Airbus have shown off the Pop.Up, the first modular, fully electric, zero-emission concept vehicle system designed to relieve traffic congestion in crowded megacities. The two companies worked together to come up with a modular system for multi-modal transportation, taking advantage of both ground and airspace.

Technically the Pop.Up isn't so much a flying car than it is a flying pod. The idea is that a vehicle shaped as a passenger capsule can be paired with two different and independent electric-propelled modules — a ground module and an air module. Other public means of transportation could also integrate the Pop.Up capsule, like trains or hyperloops.

The pod is a monocoque carbon fiber cocoon that can transform itself into a city car by simply coupling to the ground module, which features a carbon fiber chassis and is battery powered. It can also take to the air by means of the air module, propelled by eight counter-rotating rotors.

In a perfect world, the air and ground modules would return autonomously to dedicated recharge stations while waiting for their next customers.

While this may all seem like something out of a sci-fi movie, Airbus and Italdesign believe it could be a reality within seven to 10 years. They're hoping other partnerships could emerge as a result of showing off the concept at Geneva this year.

JASON SIU/AUTOGUIDE.COM

**Pop.Up concept.** GETTY IMAGES

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# Civic: Lost in transformation

Whenever we see a concept or prototype for a new model reveal, it's likely we'll be disappointed by the real deal. When we first saw the Civic Type R prototype, we were blown away — the way Honda transformed the mainstream Civic compact sedan into something more sinister and bad-ass was jaw-dropping, but in the back of our minds, we knew not all aspects would make the production version. Here's how the prototype compares to the real thing. **SAMI HAJ-ASSAAD** AUTOGUIDE.COM

**1 Side markers**
The amber corner lights on the production model were slick-looking and tinted black on the prototype.

**2 Front intake**
The lower front intake is smaller on the production version, or at least the lighter paint job makes it look less intimidating.

**3 Bumper openings**
The gills on the side of the intake seemed larger and more pronounced on the prototype.

**4 Headlight washer**
The production version has bumps hiding headlight washers, while the sleek prototype didn't.

**5 Red exhaust tip**
While both have three exhaust exits, the prototype had a metallic red center exhaust that's missing here.

**6 Ground effects**
Both cars feature a serious ground effects package. However, on the prototype, the front splitter, rear diffuser and side skirts were all carbon fibre — with the production model using a look-alike material.

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INNOVATION

# New Cadillacs can 'talk' to other cars on the road

Jason Siu
AutoGuide.com

The Cadillac CTS sedan now comes standard with Vehicle-to-Vehicle (V2V) communications.

Beginning with 2017 interim model year cars that are in production now, the Cadillac CTS can share information that can be used to alert drivers to upcoming potential hazards. The American automaker's V2V solution uses Dedicated Short-Range Communications (DSRC) and GPS, with the potential to handle 1,000 messages per second from vehicles up to nearly 1,000 feet away. That means the sedan can prompt alerts for hard braking, slippery conditions and disabled vehicles ahead of time, giving ample warning to the driver.

For example, when the car approaches an intersection, the system scans the vicinity for other vehicles and tracks their positions, directions and speeds with alerts appearing in the instrument cluster and available head-up display. Owners can customize these alerts that appear on their Cadillac user experience infotainment system.

**Cadillacs with V2V technology are now in production.** HANDOUT

Unfortunately only vehicles equipped with compatible V2V systems will be able to communicate with one another, but the technology is expected to roll out from more automakers in the coming years. Multiple V2V-equipped vehicles are able to create an ad hoc wireless network to transfer information without relying on sight lines, good weather conditions or cellular coverage. The 2017 Cadillac CTS sedan's V2V technology operates on the 5.9 GHz spectrum allocated by the Federal Communications Commission.

"From the introduction of air bags, to the debut of OnStar, Cadillac continues its heritage of pioneering safety and connectivity advances," said Richard Brekus, Cadillac global director of product strategy. "V2V essentially enables the car to sense around corners. Connecting vehicles through V2V holds tremendous potential, as this technology enables the car to acquire and analyze information outside the bounds of the driver's field of vision. As an early mover, we look forward to seeing its benefit multiply as more V2V-equipped vehicles hit the road."

metro SPORTS

Buoyed by the success of the Kitten Bowl, the Hallmark Channel will debut Meow Madness on April 3

## BASEBALL

**Jays fall short vs. Red Sox**

Steve Selsky's two-run double in the bottom of the eighth inning led the Boston Red Sox to a 5-4 win over the Toronto Blue Jays in pre-season baseball action Tuesday.

Melvin Upton Jr. and Mike Ohlman both hit solo home runs for Toronto, while Darwin Barney drove in a pair of runs on a sacrifice fly and RBI single.

Danny Barnes took the loss for Toronto (5-11).

THE CANADIAN PRESS

**Price likely headed for DL**

Boston Red Sox left-hander David Price is likely to start the season on the disabled list because of his sore pitching elbow.

Starting the second season of a $217-million, seven-year contract, Price has not yet appeared in an exhibition game.

THE ASSOCIATED PRESS

**Japan moves closer to WBC championship round**

Tetsuto Yamada hit two home runs to lead Japan to an 8-5 win over Cuba in the World Baseball Classic on Tuesday.

Two-time champion Japan improved to 2-0 in Pool E and can advance to the March 20-22 championship round in Los Angeles with a win over Israel (1-1) on Wednesday. The top two teams in the group advance.

THE ASSOCIATED PRESS

# Flames train off-ice to maintain success

NHL

## Strength coach readying team for gruelling stretch run

In the midst of a 31-day stretch in which they'll play 16 games, the Flames are riding a 10-game winning streak. JEFF MCINTOSH/THE CANADIAN PRESS

Despite playing a game every second day for the rest of the regular season, the Calgary Flames aren't shutting down their off-ice training.

It's crucial, in fact, to keep up weightlifting, core and mobility work and spins on the bike despite a hectic game schedule, says Calgary's strength and conditioning coach.

"We do a lot of the same things to be honest," Ryan van Asten said Tuesday following an optional practice at Scotiabank Saddledome. "We just modify the volume and intensity levels.

"We still have to train to maintain. That's what's going to allow us to be ready to play down the stretch."

When the Flames conclude their regular season April 8, they'll have played 16 games in 31 days.

At 39-26-4 and currently on a 10-game winning streak, a playoff run of some duration is looking more and more likely for Calgary.

Keeping the engines revving and bodies healthy on their current game clip takes work.

After Monday night's shootout win over the Pittsburgh Penguins, van Asten says you would have seen some Flames in the weight room, some on bikes and others in cold tubs and on training tables.

NHL players can lose muscle mass they build up over the summer during the course of the season. Late in the season, a player can become what's known as "skinny fat."

"Typically body weight stays about the same, but their fat and muscle composition changes a little bit and that's what we try to avoid," van Asten said.

Before joining the Flames in 2014, van Asten was strength and conditioning coach for the Los Angeles Kings through a pair of Stanley Cup wins, so he's shepherded players through a season of 100-plus games before.

"The primary focus right now at this point in time is making sure they are recovered for the next game, which has to do with a lot of things: nutrition, sleep and general mobility, hip health and shoulder health," van Asten said.

"Outside of that, the secondary focus would be maintaining strength." THE CANADIAN PRESS

## SCHEDULE

The Flames are at home to the Boston Bruins on Wednesday.

# 'Calgary obviously needs a new arena'

Even as commissioner Gary Bettman revelled in the NHL's newest arena, he had his mind on his next rehabilitation project: Calgary.

Bettman was in Edmonton to tour the new Rogers Place arena ahead of the Oilers game against the Dallas Stars on Tuesday. It was the first time Bettman was seeing Rogers Place in person after facilitating a deal between the City of Edmonton and Oilers owner Daryl Katz that led to the construction of the $480-million arena, which opened up in time for this season.

Gary Bettman GETTY IMAGES

He was quick to answer when asked if he would be working towards assisting Calgary in building a replacement for the Flames' Scotiabank Saddledome.

"I hope it will be the case," he said. "Calgary obviously needs a new arena and hopefully this arena and this complex is inspirational."

Bettman himself was clearly impressed with Rogers Place and the Ice District, the surrounding entertainment district that is still under construction.

"I can't say enough good things about it," Bettman said. "This has been, and will continue to be transformational for Edmonton for decades to come. It's very exciting and rewarding to see." THE CANADIAN PRESS


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# Villanova feeling the pressure to repeat

MARCH MADNESS

## Florida was last school to go back-to-back in 2006, '07

Villanova players celebrate after **Kris Jenkins** sank the championship-winning three-pointer to defeat North Carolina last year in Houston. RONALD MARTINEZ/GETTY IMAGES

Kris Jenkins buried the three-pointer that sparked book deals, red carpet photo ops, a White House trip, a handful of award banquets and hundreds of perks that come with winning a national championship.

But the national title did come with a tinge of pressure that lingered into this season — can Villanova beat the odds and become the first back-to-back national champs in 10 years?

"It's always a reminder that everybody expects you to do it again," coach Jay Wright said. "That's part of the challenge. When people say it's hard to repeat, that's part of why it's hard to repeat, is because you have to deal with those expectations all the time, those constant reminders of last year."

The reminders of April were impossible to ignore this season.

So were the warnings for the rest of the NCAA Tournament bracket that this season's Wildcats just might be better than last year's edition.

"I don't know if we're better," Big East player of the year Josh Hart said. "I just know that we're playing just as well at the end of the season."

Duke, Kansas and North Carolina are championship favourites at the Las Vegas casinos. But the shot at basketball history has helped drive the Wildcats (31-3) toward becoming the first repeat champs since Florida in 2006 and 2007.

> **We're not afraid of failure ... as long as we play hard for each other, we're good.**
> Villanova coach Jay Wright

Led by coach Billy Donovan, the Gators were loaded with NBA talent and the five starters from the '06 team bypassed the pros for a chance to repeat. Joakim Noah, Al Horford and Corey Brewer sacrificed NBA riches and helped the Gators breeze through the regular season and earn the No. 1 overall seed in the NCAA Tournament. Florida beat Ohio State in the title game and became the first program since Duke in 1992 to repeat.

"Anytime you win like that, and you have your whole starting team come back, the expectations change, and in a lot of ways, you get critiqued under a microscope, and sometimes, that can take the joy out of it," Donovan said. "It's like, you win, but you didn't win by enough. You lost, but you shouldn't. All those things get factored in."

The Wildcats, who won Big East season and tournament titles, are the first defending champion to earn the tournament's overall top seed since Florida in 2007. THE ASSOCIATED PRESS

CHAMPIONS LEAGUE

## Foxes into last 8 and dreaming even bigger

The fairytale rise of Leicester touched new heights on Tuesday when the English champion reached the Champions League quarter-finals for the first time with a 2-0 home win over Sevilla.

Under new coach Craig Shakespeare Leicester's 2-1 deficit from the first leg in southern Spain was turned into a 3-2 victory on aggregate at an atmospheric King Power Stadium thanks to Wes Morgan's close-range strike in the 27th minute and Marc Albrighton's goal in the 54th.

Sevilla — which had playmaker Samir Nasri sent off in the 74th minute on his second booking for a headbutt — would have taken the game to extra time if Steven N'Zonzi had converted a penalty in the 79th. Instead, it was saved by Kasper Schmeichel, who made amends for giving away the spot kick.

Exactly two years ago, Leicester was in last place in the Premier League after a draw with Hull.

Now, as the unlikely champion of England after winning last season's Premier League at odds of 5,000-1, the previously unheralded club from central England can look forward to being involved in Friday's Champions League last 8 draw with the likes of giants Barcelona, Real Madrid, Bayern Munich and Juventus THE ASSOCIATED PRESS

### IN TURIN

Paulo Dybala's penalty earned a 1-0 win (3-0 on agg.) for Juventus over 10-man Porto in Tuesday's other Champions League quarter-final. THE ASSOCIATED PRESS

### IN BRIEF

**Nadal sinks Verdasco in 3rd round at Paribas Open**

Rafael Nadal defeated Fernando Verdasco 6-3, 7-5 in the third round of the BNP Paribas Open on Tuesday for his 50th career victory at the desert tournament.

Nadal closed out the 90-minute match in 95-degree heat with a forehand winner. The three-time tournament champion could next face Roger Federer, who played American Steve Johnson later. THE ASSOCIATED PRESS

**Spurs' Kane injures ankle**

Tottenham says striker Harry Kane damaged ligaments in his right ankle during the team's FA Cup quarter-final match against Millwall.

The Premier League club says the injury is similar to the one sustained by Kane in a league game against Sunderland in September, which ruled the England international out for 7 weeks. Spurs say "however it is not considered to be as severe." Prolific Kane has 19 goals in 22 games for Spurs this season. THE ASSOCIATED PRESS


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PHOTO: MAYA VISNYEI

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- 1 tsp soy sauce
- 1 tsp sesame oil
- 2 cloves of garlic minced
couple of grinds of black pepper
- 1 pound large shrimp
- 4 or 5 wooden skewers
- 2 or 3 cobs of corn
- 1 x 19 ounce can black beans
- 1 red pepper, diced
- 1/2 cup chopped cilantro
- 1 avocado, diced
- 4 Tbsp vegetable oil
- 3 Tbsp lime juice
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/4 tsp pepper
- 1 head Boston lettuce, washed, spun and chopped

**Directions**

**1.** Mix vegetable oil, lime juice, soy sauce, sesame oil, garlic and pepper in a bowl. Add shrimp, cover, and place in the fridge for about an hour. Soak skewers.

**2.** Oil grill and turn on high. Place corn on top and cook 15 to 20 minutes, turning every 5 minutes. Remove and allow to cool before slicing off the kernels. Mix corn, beans, chopped peppers and coriander in a bowl. Fold in avocado. Whisk oil, lime juice, salt, cumin and pepper. Dress the bean mixture.

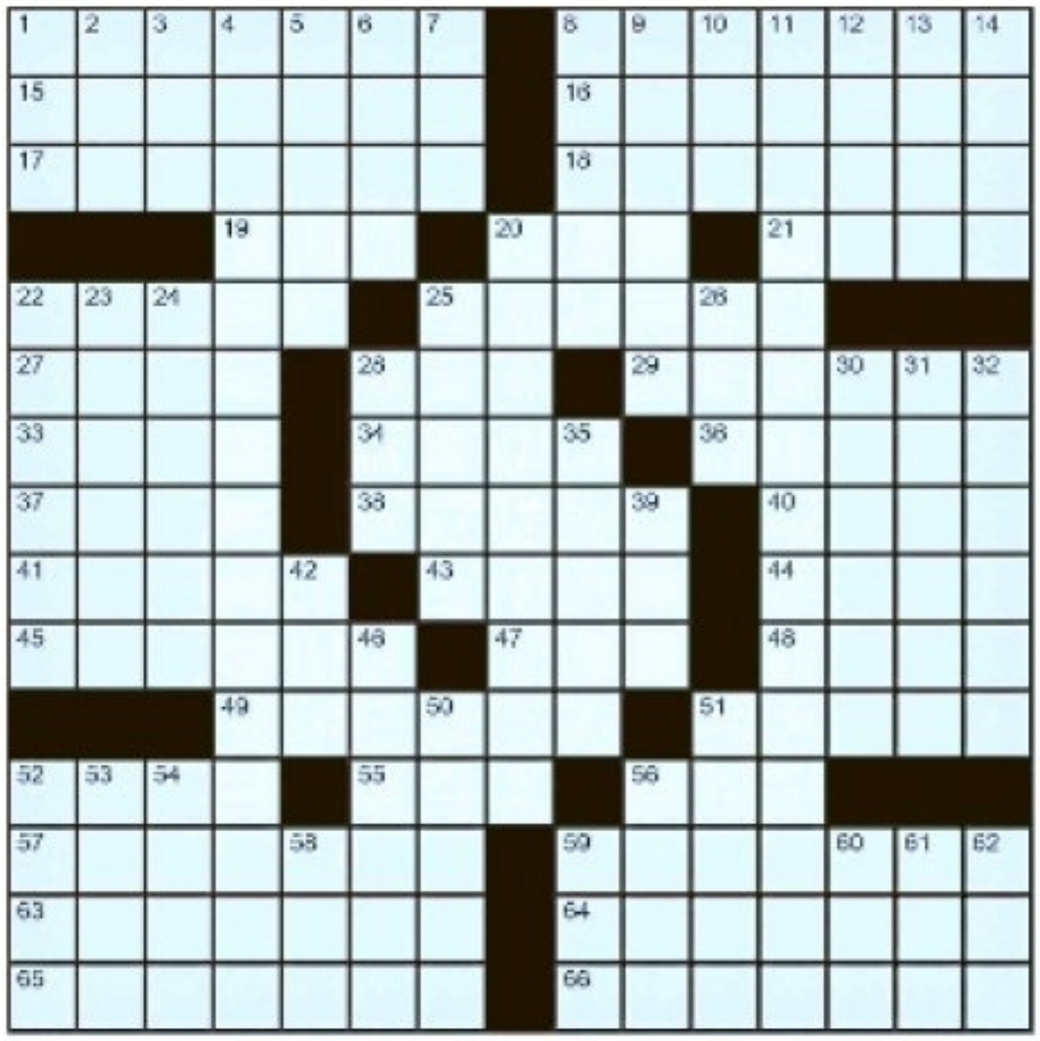
**3.** Take shrimp out of fridge and put about three on each skewer. Barbecue for about six minutes. Allow to cool slightly before sliding them off the skewers.

**4.** On a serving plate, arrange the chopped lettuce and pile the beans and grilled shrimp on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. "The _ Always Rings Twice" (1981)
8. Cheekier
15. Castle fortress town in Portugal near the Spain border
16. Get
17. Nicely-illuminated
18. Vocalist's spans
19. Old music high note
20. "Face/Off" (1997) director John
21. One of a breath mint brand
22. Be noncommittal
25. Van Morrison song
27. Gym activity [abbr.]
28. Singers Scary or Sporty
29. Like 'light' food
33. Coca-_
34. Ons opposites
36. Clay-upon-clay creation
37. Gentleman's gesture, _ _ of the hat
38. Badger
40. "_ go Bragh!"
41. Actress, _ Campbell-Martin
43. Ostrich-like bird
44. AD = _ Domini
45. Canyon communicator
47. Former
48. Red _, Alberta
49. Who? What? Where? When? Why?: 2 wds.
51. _ River, Nunavut
52. Not kosher
55. '80s scandal-ridden televangelism org.
56. '100 Years...' movie org.
57. Natural home in the environment
59. "Star Trek: Voyager" actress Kate
63. TV personality/actress Carmen
64. Stopped, as production: 3 wds.
65. Variant-spelled namesakes of baseball great Mr. Jeter
66. Blue box items

**DOWN**
1. Hound's 'hand'
2. Corrida cheer
3. T-shirt size choices
4. 1900-built heritage site in Whitehorse that was a communications hub: 2 wds.
5. Thousand: French
6. Sarah McLachlan tune
7. Natalie Cole's father
8. Sweeper
9. Move away in shock
10. Play part
11. Uniquely-named beacon in PEI overlooking the Northumberland Strait: 3 wds.
12. Bee's abode
13. Best _ (Greatest)
14. Breather
20. It's a call in the wild: 2 wds.
22. _ Strait (It separates Haida Gwaii and mainland BC)
23. Demi Moore's dancing style in "Striptease" (1996)
24. "Yum-yum!"
25. Hold over
26. Headshakes
28. Gang
30. Art of "The Honeymooners"
31. Fashioned as some skirts
32. Edgar Allan Poe poem
35. Covers the falcon's eyes
39. Small amount
42. First three vowels
46. Campground for certain campers, curtly: 2 wds.
50. Singing legend Ms. James'
51. Piano's B key alternatively: letter + wd.
52. "Kathy Griffin: My Life on _ _-List"
53. Rattling breathing sound
54. Celebrity hairstylist Jose
56. Car
58. Transport for T.O. commuters
59. Literary fairy queen
60. Early-'60s singer Mr. Donner
61. 'Client' suffix (Patronage)
62. Scale amts.

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
Avoid squabbles about money and shared property today, because they quite likely will be nonproductive. Who wants to get involved with this? Not you.

**Taurus** April 21 - May 21
For most of this day, the Moon is opposite your sign, which means you have to go more than halfway when dealing with others. This simply requires a little patience and co-operation.

**Gemini** May 22 - June 21
Do what you can to clean up your act and get better organized today. However, don't be too pushy about it, or you might get into an argument with someone at work.

**Cancer** June 22 - July 23
Romantic partners will have to be patient with each other today. Likewise, parents will have to be patient with their kids, because there will be moments of tension. Oh dear.

**Leo** July 24 - Aug. 23
You might want to hide or cocoon at home today. This is just fine. Nevertheless, avoid squabbles with a female family member. Keep a low profile.

**Virgo** Aug. 24 - Sept. 23
You are highly charged with energy today, especially when dealing with siblings and daily contacts. Remember to listen to others. Take it easy.

**Libra** Sept. 24 - Oct. 23
You have strong feelings about your money, your cash flow and your possessions today, which is why you might get into an argument with someone.

**Scorpio** Oct. 24 - Nov. 22
Today the Moon is in your sign, which brings you a little bit of extra good luck. However, this can create arguments with partners and close friends. Stay chill.

**Sagittarius** Nov. 23 - Dec. 21
You feel restless today. And because you feel restless, you might be mildly short-tempered with someone. Maintain your cool today. (You'll be glad you did.)

**Capricorn** Dec. 22 - Jan. 20
A conversation with a female acquaintance or friend will be significant today. What you want to do is avoid an argument, because that's no fun. Be cool.

**Aquarius** Jan. 21 - Feb. 19
Disagreements with bosses and parents might break out at some point today. Don't say anything you will later regret. Be smart.

**Pisces**
Feb. 20 - March 20
This is an argumentative day for many people, because the Moon is opposite Mars. Don't get sucked in by this. Be your cool, sweet and charming self.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

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**YESTERDAY'S ANSWERS**

Your daily crossword and Sudoku answers from the play page.

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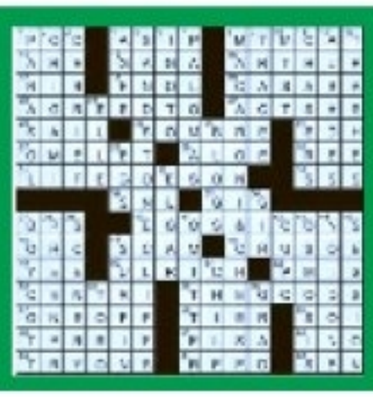

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| 3 | 5 | 1 | 4 | 8 | 2 | 9 | 6 | 7 |
| 7 | 4 | 2 | 6 | 9 | 1 | 8 | 3 | 5 |
| 6 | 8 | 9 | 3 | 5 | 7 | 4 | 1 | 2 |

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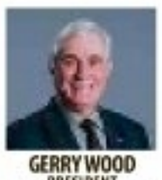

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AARON SNOWIE — 9 YEARS
MICHAEL CYBULSKI — 11 YEARS
PHIL LAWRENCE — 23 YEARS
JOHN QUINLAN — 14 YEARS
BILLY MANSOUR — 2 YEARS
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